WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

MAY/JUNE 2018

Veg Love!

Don't be a hater. 40 delicious ways to slice, roast, grill, spiralize & more

Snacks to Fuel Your Workout

Crispy Pizza Hack? Get Out the Grill

How to Make a Richer Cup of Coffee

Global Warming: What It Means for Food

MADE FOR THIS MOMENT

Made in Ireland with milk from grass-fed cows, it's a taste that says a thousand words.

MAY/JUNE 2018

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Downtime Down South

James Beard Award-winning chef Steven Satterfield has really got a way with vegetables. So whether it's his Asparagus & Sorrel Bisque *(above)*, killer vegetable lasagna or spring pea and sardine toasts, you'll want to take your time and savor every bite of his early summer menu.

Recipes by Steven Satterfield

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Meat the Pretenders

We love meat as much as the next person. But who doesn't like a little surprise switcheroo? For this year's annual Eat More Veg challenge we decided to get tricky. First up: we swap hot dogs for carrots. We know... it sounds like a pretty sad fake. It isn't. Taste it! Believe it!

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The Flavor Farmers

In Oregon, a group of chefs, farmers and researchers have banded together to turn plant breeding on its head. Rather than going for, say, a tomato's ability to survive a long-distance ride in an 18-wheeler, they're aiming for something a whole lot better: deliciousness.

By Jane Black
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In Search of Food for a Hot World

Whether or not we slow climate change, much of our world is going to get warmer and drier in the coming decades, and everything from the crops we grow to the cattle we raise will need to change. Meet the scientists, ranchers and farmers in the already-scorching Southwest who are pioneering ways to adapt.

By Rowan Jacobsen

COVER PHOTO: CODY RASMUSSEN/GETTY IMAGES. CABBAGE IN THIS ISSUE: PAGES 12, 42, 77, 80

PHOTO JOHNNY AUTRY

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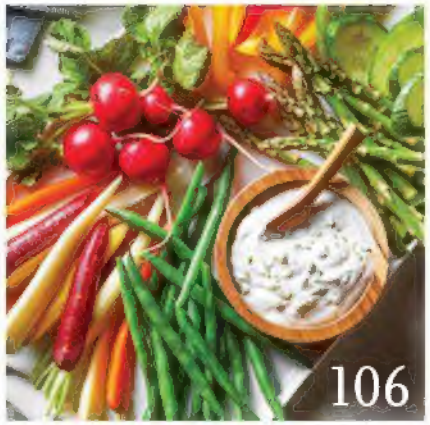

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BLAINE MOATS (3); COURTESY BLUE HILL AT STONE BARNS/SA LOSKE. SHAWN LINEHAN; BEVAN GOLDSWAIN/OTTO; ILLUSTRATION BY EMMA DIBBEN

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Eat More Veg!

It's that time of year again... time to celebrate the bold, varied, multi-hued splendor of vegetables. So we've jammed the pages full of new ways to love them, from salads to sodas and even carrot hot dogs. Clearly, we get amped up to cook with vegetables! But we also come back to this vegetable issue annually because if we can get people to eat more vegetables and actually enjoy them, we're doing our jobs. We're helping people eat better every day.

—JESSIE PRICE, editor@eatingwell.com

Nutrition Geek Wisdom

Our smarty-pants nutrition editors tell me these are some of the most important nutrients that most Americans fall short on. A good place to find them? Vegetables, of course!

Fiber Getting the recommended 25 (women) to 38 (men) grams of fiber daily lowers your risk for a host of diseases, including type 2 diabetes and heart disease. It also promotes weight loss—and helps people maintain a healthy weight.

Folate Folate plays a role in DNA replication and cell division, which may explain why research has linked this B vitamin to a reduced risk for cancers including breast, lung, stomach, ovarian and esophageal. It also promotes heart and brain health—reducing the risk for stroke, dementia, Alzheimer's and depression. Aim for 400 mcg a day. (Women planning to get pregnant need 600 mcg.)

Calcium You need this mineral (1,000 mg a day) to keep bones strong, especially as you age, but did you know that it also helps regulate blood pressure and fend off cardiovascular disease?

Magnesium Chronically low magnesium intake has been linked to heart disease, type 2 diabetes, hypertension, osteoporosis and even migraines. You need between 310 and 420 mg per day depending on age and gender.

Potassium Getting your daily 4,700-mg dose *(see page 14)* not only helps reduce your risk for high blood pressure, it can also lower blood pressure that's already elevated. Potassium regulates the fluid and mineral balance in every cell of your body, and has been shown to cut your risk for heart disease and stroke.

Vitamin A Vitamin A—which actually refers to a group of fat-soluble vitamins that includes beta carotene, lycopene, lutein and zeaxanthin—boosts immune function and promotes eye health. Women need 700 mcg a day; men need 900 mcg.

Vitamin C Adults need between 75 mg (women) and 90 mg (men) of vitamin C daily to help prevent the formation of carcinogens in the body and oxidative damage that can lead to some types of cancer.

Vitamin E Studies have shown that vitamin E can lower your odds of heart disease by keeping (bad) LDL cholesterol in check and preventing the formation of blood clots. Recommended daily dose: 15 mg.

30 for 30

Can you eat 30 different vegetables in 30 days? We've got ideas! Here's what you'll find in this issue's recipes:

artichokes
arugula
asparagus
avocado
bok choy
beets
broccoli
cabbage
carrots
cauliflower
celeriac
celery
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chickpeas
collards
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Follow Now
These Instagrammers prove that veggies are the most inspiring food group. #Vegspo anyone?

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ILLUSTRATION BY EMMA DIBBEN

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Container gardening Yes, you can grow your own salad.

Cocktails Mint juleps for the win. A close second: Margaritas.

Camping fare Sizzle up these Pan-Roasted Campfire Veggies.

LETTERS

"The Food Allergy Boom" [Mar/Apr 2018] is very well written, including scientifically based information in an easy-to-understand way. It is not written in a way to induce panic about the topic among the readers, but to create awareness for the problem.
—**Anke Graessel,** *Munich*

I was surprised to see that Rachael Moeller Gorman ["The Food Allergy Boom"] left out one important potential reason for the rise in such allergies—the rise in GMOs. Humans have been manipulating the genes in food sources since we began cultivating plants. This trend has accelerated in the past 20-40 years with newer technologies that have made this practice easier. Is it not possible that our bodies may be reacting to some unintended consequences of making better, bigger, tastier, faster-ripening, pest-resistant foods?
—**Kari Kohl,** *White Plains, NY*

EDITOR'S REPLY: Kari, thank you for your letter. As you may know, the internet is rife with anecdotal links between food allergies and GMOs, and the idea is certainly intriguing. However, the experts we spoke with say there's no scientific evidence linking the two. A recent review study published in the journal *Annals of Allergy, Asthma & Immunology* found that GM foods do not appear to be any more allergenic than their conventional counterparts.
—**Shaun Dreisbach**
Nutrition & Features Editor

I cannot thank you enough for "This Man Wants You to Eat More Meat" [Jan/Feb 2018]. Allan Savory, the Savory Institute, Joel Salatin and Will Harris are all heroes. Their courage in opposing current scientific beliefs and practices gives me hope that with their holistic methods we can reverse the damage being done to our Earth and our health. The proof is in the pictures and the "jet-black cottage cheese" [aka healthy soil].
—**Kathy Hill,** *Capistrano Beach, CA*

I just received my first issue. I was expecting a magazine with recipes, some nutrition tips and maybe some articles on health. I am tremendously pleased to find that your magazine is much more. I was very curious about the article with Allan Savory, and wonder about possible tie-ins for land conservancies, particularly in the more arid parts of the country to improve the soil on their lands.
—**Mary Blanchard,** *Holly, MI*

MARTY RALSWICK (2); KIM CORNELISON; ADAM ALBRIGHT

+ GET COOKIN' For these recipes, head to eatingwell.com/webextra—and follow us @eatingwell

Jimmy Dean ONCE SAID:

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Jimmy Dean

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PR REQUESTS: *Lisa.Callahan@meredith.com*

EDITORIAL, DIGITAL & LICENSING OFFICES:
120 Graham Way, Suite 100, Shelburne, VT 05482

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BLAINE MOATS

5 Simple Steps to Perfectly Grilled Pizza

No, the dough won't sink into the spaces between the grates. And the hot surface gives better results, faster, than your oven.

1 **Fire up your grill** to medium-high before you start prepping so it has plenty of time to get hot.

2 **Prep your ingredients.** Measure out **Sauce.** Get **Vegetables** ready. Shred or crumble **Cheese.** Put the toppings on a large baking sheet or cutting board and add a small bowl of canola oil, a paper towel and tongs to oil the grill rack. Roll and stretch **1 pound whole-wheat pizza dough** into a 12-inch-long oval and transfer it to a floured baking sheet. This part is easier if you let the dough stand at room temperature for 30 minutes first. And if the dough starts fighting with you, let it rest for 10 minutes before tackling it again.

3 **Start grilling.** Holding the paper towel with the tongs, dip it in the oil and rub it on the grill rack. This prevents sticking and yields a crisper crust. Transfer the dough to the grill, close the lid and cook until it's puffed and browned, 1 to 2 minutes.

4 **Top it.** Use the tongs to flip the crust. Spread the crust with **Sauce,** top with **Vegetables** and sprinkle with **Cheese.** Cook until the cheese is melted, 2 to 3 minutes.

5 Transfer your pizza to a clean cutting board. Sprinkle the **Garnish** on top, slice and serve.

Sauce
- Hummus *or* baba ganouj (½ cup)
- Plain *or* flavored olive oil (3 Tbsp.)
- Thai peanut, BBQ, curry *or* pizza sauce (½ cup)
- Pesto, tapenade, salsa, romesco *or* chimichurri sauce (¼ cup)
- Drained crushed tomatoes (¾ cup)

Vegetables (2 cups total)
- Roasted fennel, broccoli *or* corn
- Dark leafy greens (cooked *or* raw)
- Sliced summer squash, onions, mushrooms, tomatoes, peppers *or* zucchini
- Shredded carrots *or* cabbage
- Artichoke hearts

Cheese (1 cup)
- Shredded Cheddar, Gouda, Gruyère, fontina *or* mozzarella
- Crumbled feta, blue cheese, goat cheese *or* queso fresco

Garnish (½ cup)
- Chopped herbs, scallions *or* nuts
- Ribbons of cured meat, such as prosciutto *or* salami
- Crumbled cooked bacon *or* sausage

Active: 20 min **Total:** 20 min
Serves 4: 1 slice each
Nutrition Info: Page 110

Combos to Try

THAI PEANUT & HERB
Thai peanut sauce + red cabbage + corn + red onion + mozzarella cheese + fresh mint

GREEK SUMMER SQUASH
roasted red pepper hummus + summer squash + feta cheese + basil

FENNEL & FONTINA
crushed tomatoes + roasted fennel + fontina cheese + scallions

COLLARDS & BACON
garlic-flavored olive oil + sautéed collard greens + Cheddar cheese + bacon

SAUSAGE, MUSHROOM & PESTO
pesto + mushrooms + baby arugula + mozzarella cheese + sausage

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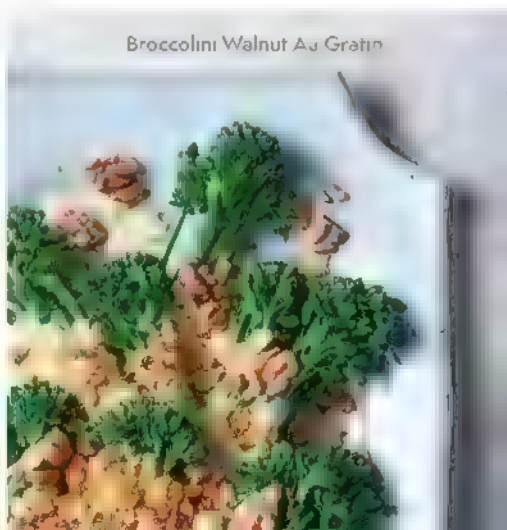

Lower the Pressure

Are you getting enough potassium? Only 2% of Americans do, even though it's found in many fruits, vegetables, dairy products and legumes. But this min can quash sodium's negat effects on blood pressure. This 1,500-cal meal plan delivers the recomme 4,700 mg—look for the ingredients in orange to see which provide at least 400 mg.

Breakfast • 344 cal
1 toasted **whole-wheat English muffin,** 1 Tbsp. **peanut butter,** 1 **banana,** pinch of **cinnamon.**

Snack • 133 cal
1 cup low-sodium vegetable juice, 1 part-skim **string cheese**

Lunch • 377 cal
Salmon Salad–Stuffed Avocado
Combine ⅓ cup **canned salmon** with 1 Tbsp. each **pesto** and nonfat plain **Greek yogurt** and 2 tsp. **shallot.** Serve over ½ **avocado** and 1 cup **baby spinach** with 5 **thin wheat crackers.**

Snack • 149 cal
½ cup nonfat **vanilla yogurt** and 1 cup cubed cantaloupe

Dessert • 101 cal
Sprinkle 2 watermelon slices with ¼ tsp. **lime zest** and ⅛ tsp. **flaky salt.** Serve with 15 **pistachios.**

Dinner • 446 cal

Grilled Fennel-Rubbed Pork Chops & Apricots

ACTIVE: 25 min **TOTAL:** 25 min
Serve with 1 cup each cooked spinach and roasted potatoes.

- **2 teaspoons coriander seeds**
- **2 teaspoons fennel seeds**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon brown sugar**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **4 thin-cut bone-in pork chops (about 1½ pounds total)**
- **8 firm ripe apricots *or* 4 nectarines, halved and pitted**
- **¼ cup crumbled feta cheese**
- **2 tablespoons chopped fresh mint**

1. Preheat grill to medium-high.
2. Toast coriander and fennel seeds in a small dry skillet over medium heat until fragrant, about 1 minute. Coarsely grind in a spice grinder or mortar and pestle. Transfer to a small bowl and stir in oil, brown sugar, salt and pepper. Coat both sides of pork chops with the mixture.
3. Oil the grill rack. Grill the pork chops until an instant-read thermometer inserted into the thickest part without touching bone registers 145°F, 2 to 3 minutes per side. Grill apricots (or nectarines) on the coolest part of the grill, turning occasionally, until tender, about 4 minutes total. Transfer the pork chops and fruit to a serving dish and let rest for 5 minutes. Serve topped with feta and mint.

SERVES 4: 1 pork chop & 4 apricot (or 2 nectarine) halves each

CAL 303 / **FAT** 16G (SAT 4G) / **CHOL** 83MG / **CARBS** 13G / **TOTAL SUGARS** 10G (ADDED 3G) / **PROTEIN** 27G / **FIBER** 2G / **SODIUM** 576MG / **POTASSIUM** 555MG.

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Roasted Baby Zucchini with Lemon Labneh

ACTIVE: 25 min **TOTAL:** 25 min

The red berries of the Mediterranean sumac bush add a punch of fruity, sourness to this simple side. Find ground sumac in specialty markets and online.

- **1 pound baby zucchini, halved lengthwise**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup labneh *(see Tip, page 108)* or whole-milk plain Greek yogurt**
- **1 tablespoon chopped fresh mint, plus more for garnish**
- **1 teaspoon lemon zest**
- **1 teaspoon lemon juice**
- **Ground sumac for garnish**

1. Preheat oven to 425°F.

2. Toss zucchini with oil, salt and pepper in a medium bowl. Spread on a rimmed baking sheet. Roast until tender, stirring once, 8 to 10 minutes.

3. Mix labneh (or yogurt), mint and lemon zest in a small bowl. Smear on a serving platter.

4. Arrange the zucchini on the labneh (or yogurt). Drizzle with lemon juice and sprinkle with sumac and more mint, if desired.

SERVES 4: ¾ cup zucchini plus 2 Tbsp. labneh (or yogurt) each

CAL 85 / **FAT** 6G (SAT 1G) / **CHOL** 4MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 1G / **SODIUM** 160MG / **POTASSIUM** 508MG.

Honey-Glazed Radishes with Crunchy Seeds

ACTIVE: 15 min **TOTAL:** 30 min

Not a fan of radishes? These tender glazed ones will change your mind!

- **1 pound medium radishes, trimmed and halved**
- **¼ cup water**
- **3 tablespoons unsalted butter**
- **3 tablespoons honey**
- **1 tablespoon balsamic vinegar**
- **1 clove garlic, grated**
- **½ teaspoon salt**
- **3 tablespoons toasted poppy, sesame *and/or* sunflower seeds, divided**

1. Combine radishes, water, butter, honey, vinegar, garlic and salt in a medium saucepan. Bring to a simmer over medium-high heat. Cook until the radishes are tender and the liquid has reduced to a syrupy glaze, 10 to 15 minutes.

2. Stir 2 tablespoons seeds into the radishes. Top with the remaining 1 tablespoon seeds.

SERVES 4: ½ cup each

CAL 181 / **FAT** 12G (SAT 6G) / **CHOL** 23MG / **CARBS** 19G / **TOTAL SUGARS** 15G (ADDED 13G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 335MG / **POTASSIUM** 290MG.

+ SUMMER SIDES Find more summer veggie sides at eatingwell.com/webextra

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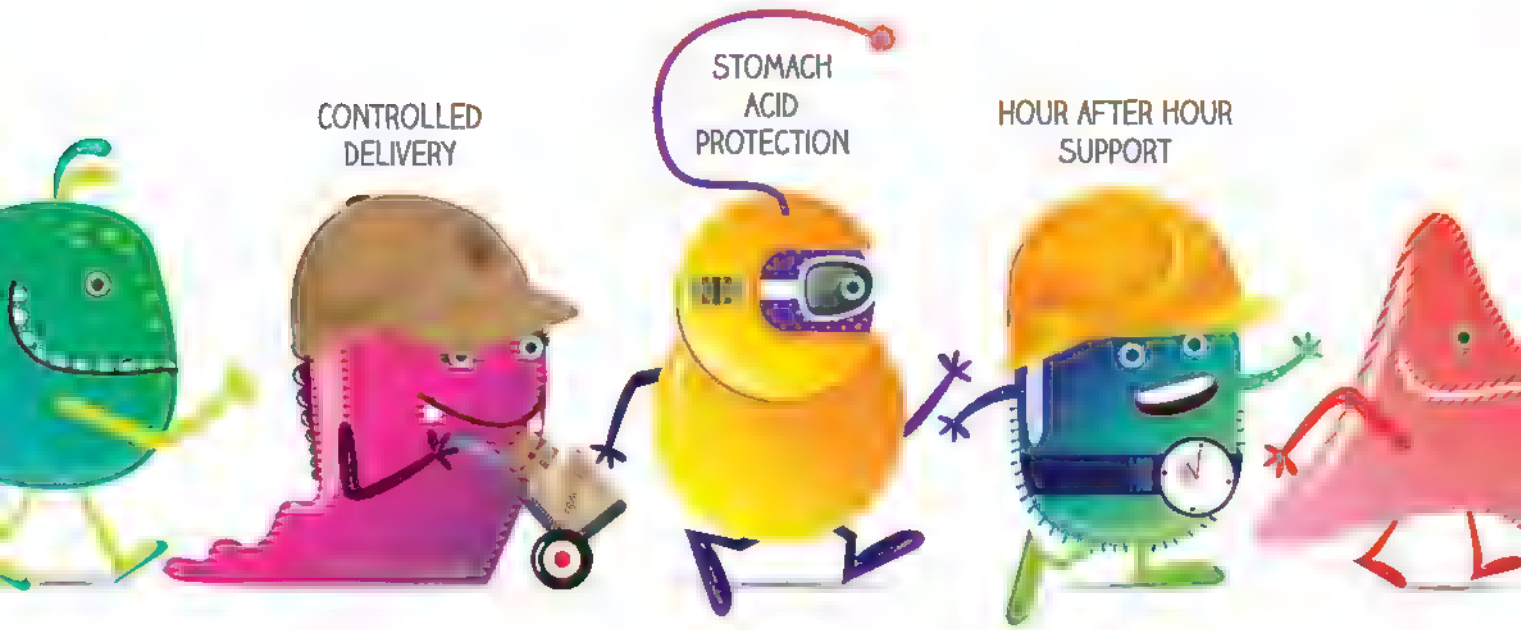

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Green Light

Cooking veggies just until they're tender-crisp is the key to preserving their color and nutrients

By JOY HOWARD

Green Veggie Bowl with Chicken & Lemon-Tahini Dressing

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 3 days.

- ¼ cup tahini
- ¼ cup cold water plus 2 tablespoons, divided
- ¼ cup lemon juice
- ½ teaspoon minced garlic plus 2 sliced garlic cloves, divided
- ¼ teaspoon ground cumin
- ½ teaspoon kosher salt, divided
- 1 cup green beans
- 1 small broccoli crown
- 4 4-ounce chicken cutlets, trimmed
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- ½ large red onion, sliced
- 4 cups thinly sliced kale
- 2 cups cooked brown rice
- ¼ cup chopped fresh cilantro

KIDS DO **1.** Whisk tahini and ¼ cup water in a small bowl until smooth. Add lemon juice, minced garlic, cumin and ¼ teaspoon salt and whisk to combine. Set aside.

2. Trim green beans and cut in half. Break broccoli into florets. Measure 1 cup (reserve the rest for another use).

3. Season chicken with the remaining ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add the chicken and cook until an instant-read thermometer registers 160°F, 3 to 5 minutes per side. Transfer to a clean cutting board and tent with foil to keep warm.

4. Wipe out the pan and add the remaining 1 tablespoon oil. Add onion and cook, stirring occasionally, for 2 minutes. Add sliced garlic and cook for 30 seconds, then add the broccoli and green beans. Cook, stirring occasionally, for 2 minutes. Stir in kale and add the remaining 2 tablespoons water. Cover and steam until the vegetables are tender-crisp, 1 to 2 minutes.

5. Slice the chicken.

KIDS DO **6.** To serve, divide rice and the vegetables among 4 bowls and top with the chicken. Drizzle with the reserved dressing and sprinkle with cilantro.

SERVES 4: 3 oz. chicken, 1 cup vegetables, ½ cup rice & 2 Tbsp. dressing each

CAL 452 / **FAT** 18G (SAT 2G) / **CHOL** 65MG / **CARBS** 42G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 35G / **FIBER** 5G / **SODIUM** 361MG / **POTASSIUM** 320MG.

KEEP 'EM GREEN!
Chlorophyll, the pigment that gives green vegetables their color, breaks down when exposed to too much heat. Minimizing cooking time helps preserve the compounds that give veggies their brilliant hue.

SAVE THE GOOD STUFF
Cooking can diminish some nutrients like vitamin C. Quick-cooking methods, such as steaming and sautéing, limit the damage.

SUPER(HERO) FOODS
It's no surprise that Popeye eats spinach to maintain his super strength! Green veggies are packed with nutrients like disease-fighting vitamin C, vision-boosting vitamin A and bone-building manganese.

+ KID APPROVED Get dinner recipes the whole family will love at eatingwell.com/webexa

STACK IT. BUILD IT. MIX IT UP.
Lunchables
TURKEY & CHEDDAR

How We Go Fast

ONE & DONE
Cooking the chicken, tortellini and peas all in the same pot means fewer dishes to wash later. You're welcome.

DOUBLE DUTY
The artichoke marinade is packed with flavor, so we used some to season the dressing instead of pouring it down the drain.

Chicken & Spring Vegetable Tortellini Salad

ACTIVE: 30 min **TOTAL:** 30 min

Jazz up bottled salad dressing to keep things fast. Shoot for one with 200 mg or less of sodium and 3 g or less of sugar per serving.

- **1 pound boneless, skinless chicken breast**
- **2 bay leaves**
- **6 cups water**
- **1 20-ounce package fresh cheese tortellini**
- **½ cup peas, fresh *or* frozen**
- **¼ cup creamy salad dressing, such as ranch *or* peppercorn**
- **2 tablespoons red-wine vinegar**
- **5 tablespoons chopped fresh herbs, such as basil, dill *and/or* chives, divided**
- **½ cup chopped marinated artichokes plus 2 tablespoons marinade, divided**
- **½ cup julienned radishes**
- **1 cup pea shoots *or* baby arugula**
- **2 tablespoons sunflower seeds**

1. Combine chicken, bay leaves and water in a large saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer until an instant-read thermometer inserted in the thickest part registers 165°F, 10 to 12 minutes. Transfer the chicken to a clean cutting board to cool.

2. Remove the bay leaves. Add tortellini to the pot and return the water to a boil; cook, stirring occasionally, until the tortellini are just tender, about 3 minutes. Add peas and cook 1 minute more. Drain and rinse with cold water.

3. Meanwhile, combine dressing, vinegar, 3 tablespoons herbs and artichoke marinade in a large bowl. Shred the chicken and add to the dressing along with the tortellini, peas, artichokes, radishes and pea shoots (or arugula); stir to combine. Serve the salad topped with the remaining 2 tablespoons herbs and sunflower seeds.

SERVES 6: 1½ cups each

CAL 357 / **FAT** 13G (SAT 3G) / **CHOL** 47MG / **CARBS** 36G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 24G / **FIBER** 4G / **SODIUM** 452MG / **POTASSIUM** 240MG.

+ PASTA IN 30 Get more quick pasta dinner recipes at eatingwell.com/webex

Balsamic Glazed Chicken
and Roast Veggie Bowl
Find this recipe at
MyFitnessPalJohnsonvilleRecipes.com
SUDDENLY,
"TASTES LIKE CHICKEN"
FEELS LIKE A HUGE COMPLIMENT.
NO FILLERS
NO ARTIFICIAL FLAVORS OR COLORS
NO ARTIFICIAL PRESERVATIVES*
CHICKEN
Johnsonville
FRESH OFF THE GRILL FLAVOR
FLAME GRILLED
CHICKEN BREAST
FULLY COOKED
EXCELLENT SOURCE OF PROTEIN
INDIVIDUALLY WRAPPED
"Tastes like chicken" used to mean "Meh. It's OK." That was before we seasoned and grilled premium cuts of hand-trimmed chicken breast to come out tender and juicy in under a minute. Turns out, chicken is surprisingly flavorful when it's Made the Johnsonville Way.
myfitnesspal

* Researchers have linked high dietary intake of lutein—a carotenoid abundant in celery—to reduced risk of many types of cancer.

Caramel-Lime Drumsticks with Shaved Celery Salad

ACTIVE: 35 min **TOTAL:** 35 min

The sauce that lacquers these drumsticks is a super-intense mashup of sweet and tart. And we promise that's a good thing.

- **8 chicken drumsticks (about 2½ pounds total)**
- **1 pound celery hearts, trimmed**
- **1 teaspoon lime zest**
- **2 tablespoons lime juice plus ¼ cup, divided**
- **2 tablespoons reduced-sodium tamari**
- **¼ cup light brown sugar**

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Set a wire rack on a rimmed baking sheet and coat both with cooking spray.

2. Place chicken on the rack and sprinkle both sides with ¼ teaspoon salt. Roast on the lower rack until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 20 to 25 minutes.

3. Meanwhile, use a vegetable peeler to shave as much of the celery as you can into ribbons. Thinly slice any celery that can't be shaved. Toss the celery in a large bowl with 1 tablespoon extra-virgin olive oil, lime zest and 2 tablespoons lime juice. Set aside.

4. Combine the remaining ¼ cup lime juice and tamari in a small bowl; set near the stove. Whisk brown sugar and 1 tablespoon water in a small skillet. Then, without stirring, cook over medium heat until the sugar is bubbling, fragrant and deep amber in color, 3 to 5 minutes. Remove from heat and add the tamari mixture. Return to medium heat and simmer rapidly, stirring occasionally, until thickened, 2 to 4 minutes. Remove from heat and whisk in 2 tablespoons unsalted butter.

5. Preheat broiler to high. Brush the chicken with some of the caramel sauce. Broil on the upper rack until browned in spots, 1 to 2 minutes. Serve the chicken over the reserved celery salad with the remaining caramel sauce drizzled on top.

SERVES 4: 2 drumsticks & 1 cup salad each

CAL 440 / **FAT** 24G (SAT 8G) / **CHOL** 203MG / **CARBS** 19G / **TOTAL SUGARS** 15G (ADDED 13G) / **PROTEIN** 36G / **FIBER** 2G / **SODIUM** 759MG / **POTASSIUM** 666MG

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Green Shakshuka

ACTIVE: 30 min **TOTAL:** 30 min

A dish of eggs poached in an aromatic tomato sauce is a breakfast favorite across Northern Africa and Israel. This green shakshuka features spinach, herbs and tomatillos. Garnish with a touch of harissa—the fiery chile paste—and dip some toasted whole-grain country bread into the jammy yolks.

- **2 tablespoons extra-virgin olive oil**
- **1 cup sliced spring onions *or* scallions**
- **2 cloves garlic, finely chopped**
- **1 jalapeño *or* serrano pepper, finely chopped**
- **1 teaspoon ground cumin**
- **8 ounces tomatillos *or* green tomatoes, chopped**
- **8 cups chopped mature spinach**
- **¼ cup water**
- **½ cup chopped flat-leaf parsley**
- **¼ cup chopped fresh cilantro**
- **¼ cup chopped fresh mint**
- **¼ teaspoon salt**
- **4 large eggs**
- **¼ cup crumbled feta cheese**
- **Cracked pepper & harissa for garnish**

1. Heat oil in a medium skillet over medium heat. Add spring onions (or scallions) and cook, stirring occasionally, until tender but not brown, 1 to 2 minutes. Add garlic, pepper and cumin; cook, stirring, until fragrant, about 30 seconds. Stir in tomatillos (or green tomatoes) and cook, stirring occasionally, until starting to break down, about 5 minutes. Add spinach and water; cook, stirring, until wilted, about 1 minute. Stir in parsley, cilantro, mint and salt.

2. Crack eggs over the vegetables. Cover and cook over medium-low heat until the whites are set, 3 to 5 minutes. Remove from heat and sprinkle with feta, cover and let stand for 2 minutes. Garnish with cracked pepper and harissa, if desired.

SERVES 4: 1 egg & ½ cup vegetables each

CAL 210 / **FAT** 15G (SAT 4G) / **CHOL** 194MG / **CARBS** 10G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 4G / **SODIUM** 362MG / **POTASSIUM** 718MG.

+ **RISE & SHINE** Get 5 tips for making a clean start each morning at eatingwell.com/webextra

Breakfast is hot again and it wants you back.

Ore-Ida™

JUST CRACK an EGG™

Find it in the **EGG AISLE**

Spicy Pork & Green Bean Stir-Fry

ACTIVE: 20 min **TOTAL:** 20 min

Reddish-brown Sichuan peppercorns—technically a dried berry husk—have a tart and slightly woodsy flavor that has little in common with other peppercorns. And they can make your mouth tingle! Look for them in Asian markets or the bulk section of natural-foods stores.

- **1 pound lean ground pork**
- **2 tablespoons minced garlic**
- **2 tablespoons minced fresh ginger**
- **3 tablespoons reduced-sodium tamari**
- **1½ tablespoons Shaoxing rice wine *or* dry sherry**
- **1½ teaspoons Sichuan peppercorns, toasted and ground, *or* ½ teaspoon Chinese five-spice powder**
- **½ teaspoon cornstarch**
- **½ teaspoon sugar**
- **2 tablespoons peanut oil**
- **1 pound green beans, trimmed and halved**
- **5 small dried red chiles**

1. Cook pork, garlic and ginger in a large flat-bottom carbon-steel wok over medium-high heat, stirring often and crumbling with a wooden spoon, until the pork is no longer pink, 6 to 7 minutes. Transfer to a medium bowl.

2. Meanwhile, whisk tamari, Shaoxing (or sherry), ground peppercorns (or five-spice powder), cornstarch and sugar in a small bowl.

3. Add oil, green beans and chiles to the wok and cook, stirring occasionally, until the beans are tender, about 6 minutes. Return the pork and any accumulated juices to the wok. Pour in the sauce and cook, stirring, for 1 minute.

SERVES 4: about 1¼ cups each

CAL 312 / **FAT** 13G (SAT 4G) / **CHOL** 66MG / **CARBS** 19G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 30G / **FIBER** 5G / **SODIUM** 634MG / **POTASSIUM** 495MG.

+ DROP AND GIVE ME 20 Get a week of 20-minute dinner recipes at eatingwell.com/webex

Take small steps to balance nutrition

Walgreens is here to help you achieve your health goals. Swing by for expert help finding nutritious options to help you maintain a balanced diet. Adding smart snacks that are rich in protein and drinking plenty of water can help boost your energy levels. Talk to your pharmacist today or visit Walgreens.com/GetHealthyHere to take your first step to better health.

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BLENDED BURGER PROJECT

Chefs across the country are cooking up healthier, more sustainable burgers by swapping at least 25% of the meat for mushrooms. Look for these blended burgers on menus this summer or cook up your own with this recipe. Learn more at *jamesbeard.org*.

Grilled Bison-Mushroom Burgers

ACTIVE: 35 min **TOTAL:** 45 min

Put out a platter of your favorite toppings for these super-tasty burgers. Look for bison in the meat section of well-stocked supermarkets.

- **8 ounces mushrooms, large ones halved**
- **1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided**
- **2 tablespoons red-wine vinegar plus 2 teaspoons, divided**
- **1 teaspoon garlic powder**
- **1 teaspoon smoked paprika**
- **1 medium red onion, sliced into ½-inch-thick rings**
- **½ teaspoon salt, divided**
- **1 pound ground bison *or* 90%-lean ground beef**
- **3 ounces sliced dill havarti cheese**
- **4 whole-wheat hamburger buns, toasted**

1. Pulse mushrooms in a food processor, scraping down the sides once or twice, until finely chopped but not a paste.

2. Heat 1 tablespoon oil in a medium skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until browned and the liquid has evaporated, about 5 minutes. Add 2 tablespoons vinegar, garlic powder and paprika, cook, stirring, for 2 minutes. Scrape into a medium bowl and spread across the bottom in a thin layer. Let cool for 15 minutes.

3. Meanwhile, preheat grill to medium-high.

4. Toss onion in a small bowl with the remaining 2 teaspoons each oil and vinegar and ¼ teaspoon salt. Let stand, stirring occasionally.

5. Add bison (or beef) and the remaining ¼ teaspoon salt to the mushrooms; mix well. Form into 4 equal patties, about 4 inches in diameter.

6. Grill the burgers, turning once, until an instant-read thermometer registers 155°F, 8 to 10 minutes total. Grill the onions, turning once, until tender and lightly charred, 6 to 10 minutes total. Top the burgers with cheese and cook until it's melted, about 1 minute more. Serve the burgers on buns, topped with the onions.

SERVES 4: 1 burger each

CAL 531 / **FAT** 33G (SAT 13G) / **CHOL** 102MG / **CARBS** 28G / **TOTAL SUGARS** 6G (ADDED 2G) / **PROTEIN** 31G / **FIBER** 4G / **SODIUM** 738MG / **POTASSIUM** 778MG

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Moroccan Lamb Chops with Tomato-Olive Relish

ACTIVE: 20 min **TOTAL:** 20 min

Having a few specialty ingredients in your pantry, such as ras el hanout and oil-cured olives, can be the difference between plain chops and a deluxe dinner. Round out the meal with steamed potatoes and a glass of white Côtes du Rhône.

- **1 cup chopped seeded tomatoes**
- **¼ cup chopped oil-cured olives**
- **¼ cup chopped flat-leaf parsley**
- **2 tablespoons extra-virgin olive oil, divided**
- **Pinch of ground pepper**
- **8 lamb rib chops, trimmed (about ½ inch thick; 1¼ pounds total)**
- **1 tablespoon ras el hanout (*see right*)**

1. Preheat grill to high.
2. Combine tomatoes, olives, parsley, 1 tablespoon oil and pepper in a small bowl.
3. Brush lamb with the remaining 1 tablespoon oil and sprinkle with ras el hanout. Grill 2 to 3 minutes per side for medium-rare. Serve with the relish.

SERVES 4: 2 chops & ⅓ cup relish each

CAL 427 / **FAT** 27G (SAT 8G) / **CHOL** 125MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 37G / **FIBER** 1G / **SODIUM** 296MG / **POTASSIUM** 128MG

SUPER SPICE
The Moroccan spice blend ras el hanout typically features cinnamon, cumin, turmeric, ginger, cardamom, and ground black and red pepper. It's also great stirred into potato salad or roasted vegetables.

Cheat, Drink, & Still Shrink

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my $200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function.** The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Eating Well readers: if you order this month, you'll receive $10 off your first order by using promo code **"EW10"** at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1 800 958 3392.

Almond Cookie Tart with Peaches & Berries

ACTIVE: 30 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Prepare crust (Steps 1-3), cover and store at room temperature for up to 2 days.
EQUIPMENT: Parchment paper

Consider this tart your year-round secret dessert weapon. It serves a crowd, making it perfect for entertaining. Here we top it with summer stone fruit and berries, but try sliced persimmons and pomegranate seeds this fall or citrus suprêmes come winter.

- **2½ cups rolled oats**
- **1½ cups unsalted almonds, toasted**
- **½ cup pure maple syrup plus 3 tablespoons, divided**
- **1 teaspoon vanilla extract**
- **¾ teaspoon salt**
- **8 tablespoons (1 stick) cold unsalted butter, cubed**
- **1 large egg, lightly beaten**
- **3 cups fresh berries *and/or* sliced stone fruit, such as peaches**
- **1 tablespoon sugar**
- **1 cup heavy cream**
- **½ cup nonfat plain Greek yogurt**

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and lightly coat with cooking spray.

2. Combine oats and almonds in a food processor and pulse until they're the texture of sand. Add ½ cup maple syrup, vanilla and salt, then distribute butter evenly over the top. Pulse until combined. Turn the dough out onto the prepared baking sheet. With wet hands, gently press it into a 9-by-12-inch rectangle. Pierce the crust all over with a fork and brush with egg.

3. Bake the crust until browned, rotating the pan from back to front halfway through, about 25 minutes. Let cool on the pan for 10 minutes, then use 2 spatulas to carefully transfer it to a cutting board.

4. Just before serving, combine fruit and sugar in a medium bowl. Beat cream and the remaining 3 tablespoons maple syrup in a large bowl until stiff peaks form. Gently fold in yogurt. Spread the whipped cream over the crust. With a slotted spoon, arrange the fruit on top. Cut into 16 pieces and serve immediately.

SERVES 16: 1 slice each

CAL 284 / **FAT** 19G (SAT 8G) / **CHOL** 38MG / **CARBS** 25G / **TOTAL SUGARS** 13G (ADDED 9G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 121MG / **POTASSIUM** 245MG.

+ **SWEET SUMMER** Get more summer fruit dessert recipes at eatingwell.com/webextra

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in 27 dunks.
8
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4:18
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Sandies
buttery shortbread
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Petal Power

Infuse your summer cocktails with the herbaceous flavor of flowers

The Base: Floral-Infused Simple Syrup
Boil 1 cup each **granulated sugar** and **water** in a small saucepan over high heat until the sugar is dissolved. Remove from heat. Stir in 2 Tbsp. **dried flowers (such as elderflowers, hibiscus, lavender or rose petals)** and let cool to room temperature. Strain and refrigerate for up to 2 weeks. **Makes:** 1-1/4 cups

Lavender-Cucumber Gin & Tonic
Fill a tall glass with **ice.** With a muddler, mash 2 Tbsp. chopped peeled **cucumber** in the bottom of a cocktail shaker. Add 2 oz. **gin** and 1 oz. **Lavender Simple Syrup.** Shake for 10 seconds. Strain into the glass and add ½ cup **tonic water.** Stir to combine. Garnish with a **cucumber spear,** if desired.

Rose Mojito
Stir 2 oz. **white rum,** 1 oz. each **lime juice** and **Rose Simple Syrup** and 12 **fresh mint leaves** in a tall glass. Add **ice** and 1 oz. **club soda** and stir again.

Hibiscus Margarita
Stir 2 oz. **tequila** and 1 oz. each **lime juice** and **Hibiscus Simple Syrup** in a glass. Add **ice.** Garnish with a **lime slice,** if desired.

Look for edible dried flowers near bulk herbs or tea at natural-foods markets or online.

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Fuel Your Workout

To motor through a tough sweat session, you need a combo of carbs for energy, plus fat and protein for staying power. These snacks have it all.

Peanut Butter, Blueberry & Oat Energy Squares

ACTIVE: 15 min TOTAL: 1 hr 10 min
TO MAKE AHEAD: Store airtight at room temperature for up to 3 days or refrigerate for up to 1 week. EQUIPMENT: Parchment paper

- 1 cup creamy natural peanut butter
- ½ cup pure maple syrup
- 2 cups rolled oats, toasted
- ½ cup dried blueberries
- ½ cup chopped pistachios
- ½ teaspoon salt

1. Line an 8-inch-square baking pan with parchment paper, leaving extra hanging over two sides. Lightly coat the parchment with cooking spray.
2. Mix peanut butter and maple syrup in a large bowl. Stir in oats, blueberries, pistachios and salt. Spread the mixture firmly and evenly into the prepared pan. Refrigerate until cold, about 1 hour. Cut into 16 squares.

SERVES 16: 1 square each
CAL 200 / FAT [illegible] / CHOL 0MG / CARBS 22G / TOTAL SUGARS 10G (ADDED 9G) / PROTEIN 6G / FIBER 3G / SODIUM 120MG / POTASSIUM 100MG

ON-THE-GO SNACKS

In addition to fat and protein, a 1-oz serving of **Biena Chickpea Snacks Sea Salt** has 18 grams of carbohydrate.

Keep **Organic Valley's shelf-stable low-fat chocolate milk** in your workout bag. Sipping it can help muscles recover post-workout.

+ POWER UP 5 best foods for workouts eatingwell.com/webextra

Oscar Mayer

THE GREAT TASTE YOU CRAVE, NATURALLY

NO [illegible] INGREDIENTS

NO [illegible] PRESERVATIVES

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FRESH

Ride On!

May 14 kicks off National Bike to Work Week. Need more reasons to trade your four wheels for two? Your commute can be a stand-in workout if you're too pressed for time to make it to the gym, according to an *International Journal of Obesity* study. People who biked to work for six months lost about as much body fat as those who did high-intensity exercise, and dropped even more than a moderate-intensity workout group—over 9 pounds on average. Whether they were cycling to the office or sweating in a gym, participants averaged four days of exercise, logging about 45 minutes per session. Plus, other research shows that biking to work may lower your risk for obesity, high blood pressure and high triglycerides. *Karen Asp*

Started in San Francisco, Critical Mass (shown here) is an informal movement that brings people together to promote cycling. Take a cue from their enthusiasm and bike to work.

SUZANNE DEHNE/GETTY IMAGES

By LUCY M. CASALE

The Queen of Jacks

Jackfruit is a rising star on the supermarket scene as demand for plant-based "meats" continues to grow. Annie Ryu, the 27-year-old founder of the largest supplier in America, is leading the charge.

Native to southeast Asia, this tree can produce fruit weighing up to 100 pounds. Annie Ryu *(above)* shows the scale. Green, unripened jackfruit is used in savory dishes. But the fruit can also be enjoyed at its peak *(top)*, when it gets sweet like other tropical fruits.

In the summer of 2011, Annie Ryu was traveling in Bangalore, India, when a spiky green mass caught her eye. "I thought it was an Indian porcupine!" she laughs. It was jackfruit—a huge, bulbous fruit with a thick rind, fleshy interior and a mild taste that soaks up any flavor you pair it with. And for Ryu, it was love at first bite. She decided that the rest of the world needed to taste it too.

A Harvard University junior on the med-school track at the time, Ryu found herself engrossed in research on the meaty-textured fruit. For starters, it's nutritious—high in fiber and potassium. It's also abundant. One tree can produce 200 to 300 jackfruit per year. But jackfruit was hugely overlooked. While some locals (and elephants) ate it, the majority was left to rot because there was no global market for it—*yet*. Ryu saw potential for sales to bring an additional income to small farmers who already had wild jackfruit trees growing on their land.

Later that same summer, Ryu founded Global Village Fruit, a company focused on developing jackfruit supply chains. Then, after graduating in 2013, she jumped into the business full time. She launched the Jackfruit Company, which now sources from 500 small farms in India to make heat-and-eat entrees. Flavors include BBQ, Tex-Mex, Teriyaki and Curry. Nutrition note: While jackfruit has a meaty feel, it isn't very high in protein, so pair it with other proteins—make it into a stew with chickpeas, tuck it into tacos with cheese or pile it on a bun with baked beans.

Today, the Jackfruit Company's line is in over 5,500 stores nationwide, including Whole Foods, Kroger, Wegmans, Publix and Safeway—making it the largest supplier of jackfruit products in the U.S. Other companies, like Upton's Naturals and Native Forest (available online), have jumped on board this growing trend as well.

Ryu's mission goes beyond just business: she's making good on her promise to help farmers in India. "We're estimated to be contributing 10 to 40 percent of the annual income of the farmers that we work with," she says. Jackfruit is also a sustainable way to satisfy a hankering for meat. Says Ryu: "We convincingly replicate meat with trees!"

EAT THIS

We Know Jackfruit

The Jackfruit Company BBQ Jackfruit
Serve this sweet and smoky jackfruit exactly—seriously, *exactly*—as you would pulled pork.

Upton's Naturals Chili Lime Carnitas
Perfect for making tacos, nachos and burritos with a kick.

Trader Joe's Green Jackfruit
This unflavored version is ready for any sauce or marinade you'd like.

+ TRY JACKFRUIT Shake up your Tacos Tuesday with this vegan carnitas recipe at eatingwell.com/webextra

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Better Blooms for Mom

750 million: The number of flowers imported for Mother's Day.

Of all the flowers sold in the U.S., only 20 percent are sprouted on domestic soil. Enter the Slow Flowers movement. Similar to Slow Food, it's all about celebrating what's local and in season. For Mother's Day, getting a Slow Flower arrangement may mean forgoing the chrysanthemums (later-season bloomers) in favor of spring picks, like peonies, tulips or other flowers blooming near you. "A Slow Flowers bouquet tells Mom that you took an extra step to choose blooms that are of the moment, expressing time and place," says Debra Prinzing, a floral activist in Seattle and creator of this movement. Those fresher flowers will last longer, and you're also supporting local growers while shrinking your carbon footprint. That's not just a thought that counts: it's one that makes a difference. Find one of the 700-plus flower farmers and florists who produce or use certified American-grown flowers at *slowflowers.com*. — *Lindsey M. Roberts*

PET HEALTH

How do I get my picky cat to eat?

Having a picky palate might just be part of your feline's personality. And it's very common. Fortunately, there are ways to make mealtimes easier.

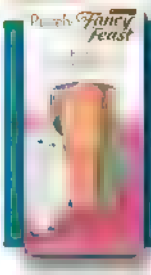
First, keep tabs on what your pet likes. Does she prefer new flavors or what's familiar? Consider texture too. There's a variety of dry food shapes to experiment with, like doughnuts, stars and pyramids, as well as many wet foods to try, including stews, patés, loaves, shreds and chunky options.

Another strategy: Top off dry meals with a little people food—like chicken or cottage cheese. Just keep whatever you offer to less than 10 percent of your cat's total daily calories (most need around 250 per day). For perspective, 2 tablespoons chopped chicken breast or low-fat, no-salt-added cottage cheese each have 25 calories. And be sure to add people food *before* your pet has a chance to refuse her own food, rather than offering it as a reward for turning her nose up the first time.

If you constantly worry about your cat's eating habits, that stress may also transfer to your pet, making her less likely to eat. Try a timed automatic feeder or put the food and your cat in a quiet, separate room where she can eat alone.

Also worth noting: while cats are notorious for being picky, change in appetite is a common first sign of an illness. If this is new behavior, or your cat is losing weight, check with your vet.

Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., *petfoodology.org*



GET IT

Topping off dry food with something flavorful can keep cats who want variety interested. Fancy Feast® makes 100% all-natural filets available in real chicken or seafood.

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Inflammation Take-Down

Inflammation is part of your body's natural defenses—when a cut swells up and turns red, *that's* inflammation at work healing you. But when it goes into overdrive, sparked by factors like poor diet, obesity and smoking, it can cause a host of health problems including cardiovascular disease, diabetes, arthritis, cancer and even depression. Tame the inflammation tiger with these strategies.

By CHRISTINE YU

Get a Move On

Obesity—or even just an expanding waistline—is a major cause of inflammation. But you can offset this by amping up your activity. A study published in *Medicine & Science in Sport & Exercise* found that the least sedentary people had the lowest inflammation, even if they didn't lose weight. While they got about 2½ hours of moderate-to-vigorous activity per day, it included regular life activities like yard work and household chores. (Yes, running around your house scooping up Legos counts!) Even a small increase in activity lowers inflammation compared to being totally couch-bound.

Hit the Sack

It may be more than just a lack of sleep that causes inflammation. How you *behave* when you're tired may be what's stoking the flames. In a study from The Ohio State University, inflammation shot up when sleep-deprived couples started squabbling. When faced with a conflict, partners' inflammatory markers jumped 6 percent for every hour of sleep they lost below seven hours. Inadequate rest may make you more sensitive to stress, which in turn causes inflammation. The good news: Using healthy conflict-resolution strategies buffered both partners against this inflammation.

Eat Your Reds, Blues and Purples

When it comes to fruits and veggies, green isn't the only color that's good for you. Women who regularly consume roughly 40 mg per day of anthocyanins—the compound that gives produce its deep red and purple hues—have 18 percent lower levels of C-reactive protein, a measure of inflammatory activity, compared to those who eat minimal amounts of them, U.K. researchers found. You can get that daily dose of anthocyanins from ⅓ cup of blackberries, 18 red grapes or 1 cup of shredded red cabbage.

Shake Up Your Spices

Turmeric is having a moment, thanks largely to curcumin—a compound that gives the sunny spice its anti-inflammatory powers. According to a recent review, curcumin reduces the production of a protein that makes your immune system work overtime. These studies used high doses of curcumin (up to 1,500 mg/day), so consider asking your doctor about supplements. You may not be able to get that much from food (5 teaspoons ground turmeric or 2 ounces fresh has 500 mg of curcumin). But the spice's anti-inflammatory potential is still a good reason to sprinkle it liberally on roasted veggies or sip those trendy golden lattes. Try ours at *eatingwell.com/webextra*.

Grab a Handful of Nuts

People who noshed at least five 1-ounce servings of peanuts, almonds, walnuts or cashews each week had lower levels of inflammatory biomarkers compared to those who didn't eat them regularly, found a study in the *American Journal of Clinical Nutrition*. Nuts' anti-inflammatory effects are due to their combo of fiber, antioxidants, and omega-3 and omega-6 fatty acids *(turn to page 48 for more on those)*

STRIVE

Get more comprehensive health and wellness content at ***eatingwell.com/strive***. There you'll find the resources, inspiration and tools you need to live your healthiest life.

+ MEALS THAT HEAL Start an anti-inflammatory diet with recipes at eatingwell.com/webextra

By AMY PATUREL, MS, MPH

The Shifting Science on Omega-6s

You know the omega-3 fatty acids in foods like salmon and flaxseed are good for you, but what about their less-talked-about cousin, omega-6s? We get this polyunsaturated fat from nuts, seeds and plant-based oils. But while omega-3s are anti-inflammatory, omega-6 fatty acids have a reputation for *increasing* inflammation. Now, several new studies suggest this decades-long bad rap may not be deserved.

Omega-6 Phobia

The advice to avoid omega-6s is rooted in anthropology. In the '90s, researchers noted that people were eating more omega-6s than previous generations did, and this dietary shift tracked closely with spikes in inflammatory health conditions, like heart disease and diabetes. So, they assumed (key word here!) that the omega-6s must be causing the uptick. This theory was bolstered by studies, predominantly in lab animals, showing that omega-6s from food (known as linoleic acid) can transform into arachidonic acid in the body, which goes on to make inflammatory compounds. Some scientists even suggested that we should eat a balance of "bad" omega-6s and "good" omega-3s closer to the 1:1 ratio our ancestors ate. (Currently, we get more 6s, in a ratio of 10:1.) Even though no major U.S. health organization advised limiting omega-6s, this group of researchers was vocal enough to plant this idea firmly in our heads.

Science Says Otherwise

Now, experts have found that theory to be false. Finnish scientists discovered that people with very low blood levels of omega-6s from linoleic acid had the *highest* levels of inflammatory markers—the opposite of what we'd been told. Plus, Harvard scientists found that replacing saturated fat with omega-6 fatty acids can reduce your odds of heart disease by 19 percent. Also, according to a review of 20 studies, people with higher levels of linoleic acid were less likely to develop type 2 diabetes than those with lower levels of this omega-6. Arachidonic acid levels didn't impact the disease either way.

What Gives?

Jyrki Virtanen, Ph.D., one of the University of Eastern Finland researchers studying omega-6s and inflammation, says that our previous understanding was far too simplistic. Yes, omega-6s *can* create inflammatory compounds. "However, that is only one side of the story. Arachidonic acid also creates molecules that *reduce* inflammation," he says. And the body tightly regulates the process that converts linoleic acid into arachidonic acid. "People who recommend eating fewer omega-6s think—erroneously—that high linoleic acid intake increases arachidonic acid levels and inflammation. But only a tiny amount of linoleic acid converts to arachidonic acid." So, these fats aren't inflammatory villains *and* limiting how much you eat likely won't impact levels of arachidonic acid anyway.

Besides, the old assumption fails to look at the big picture. True, Americans get more omega-6s, in part because we're eating more processed foods, which are sources of these fats. However, pinning the concurrent rise in disease on omega-6s doesn't account for ingredients that may be the real culprits in these foods, like refined white flour and added sugars, which are known to promote inflammation.

What to Know Now

We don't need to demonize omega-6s, says Eric Rimm, Sc.D., professor of epidemiology and nutrition at Harvard: "Large, long-term studies show that omega-6s are some of the healthiest fats. That's a clear message to me that we should not be stressing about getting too much of them."

PETER HORVATH

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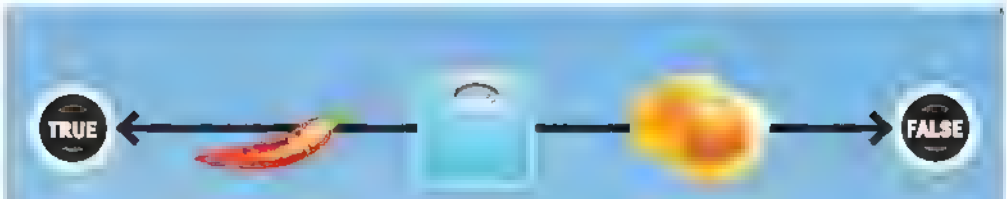
By JULIA WESTBROOK



THE TRUTH METER

Spicy Food Helps You Eat Less Sodium
Adults who love fiery food eat almost 1,000 mg less sodium daily, a new study found. The researchers discovered that salty and spicy flavors activate overlapping brain areas, so the heat may make you think food tastes saltier with less actual salt.

Diabetes Can Be Cured
Research shows that 73% of overweight people with diabetes saw their blood sugar numbers go to healthy levels after losing 22 pounds. Promising, but remission isn't "cured." You have to maintain your healthy habits or risk a relapse.

Eating Local Honey Eases Pollen Allergies
The logic: Taking small doses of an allergen can build a tolerance to it. But in this case, the type of pollen in honey isn't from allergy-triggering plants, and the amount is likely too small to make a difference anyway.

Your Brain on Salad

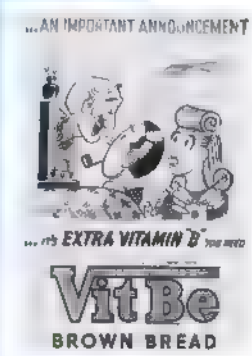
Salad season is in full swing and your brain says, "Score!" According to a new study in the journal *Neurology*, retirees who ate one to two servings of leafy greens a day were mentally 11 years younger on cognitive tests than those who didn't. The produce may slow cognitive decline and brain aging thanks to folate, vitamin K and lutein. These nutrients protect the brain in multiple ways. Previous studies have shown that lutein can reduce the inflammation that causes degenerative diseases, and folate may inhibit the production of the amyloid plaques that underlie Alzheimer's. While the researchers looked specifically at spinach, kale, collards and lettuce, other foods that boast this triad of nutrients include edamame, asparagus, avocado and artichokes.

YOU ASKED

Will B vitamins amp my energy?

Even if you don't sip energy drinks, you've seen their "B Vitamins!"-emblazoned labels. But do these vitamins really perk you up?

There's a kernel of truth here. There are eight essential B vitamins—B_1 (thiamin), B_2 (riboflavin), B_3 (niacin), B_5 (pantothenic acid), B_6, B_7 (biotin), B_9 (folate) and B_{12}. (FYI, the numbers are loosely in order of when each one was discovered.) They play important roles in the complex chemical reactions that happen at the cellular level to convert food into the energy (called ATP) that powers your body. That said, B vitamins themselves do not provide energy—you only get that from carbs, fat and protein in the food you eat. And they aren't stimulants, like caffeine, either. So, while they're related to energy, they don't give you more of it.



Fortunately, most of us get enough of these vitamins to keep our bodies' natural energy running right. Healthy sources of different Bs include dairy, eggs, chicken, fish, nuts, leafy greens and whole grains. But again, as long as your levels are adequate, eating extra B-rich foods won't give you a boost.

Deficiencies are commonly due to alcoholism, impaired nutrient absorption or inadequate intake. For instance, vegetarians and vegans may be at greater risk for low B_{12}, since you can't get it from plants. And pregnant or breastfeeding women need higher amounts of B vitamins. Falling short on folate or B_{12} is linked to bigger health conditions, like anemia or depression, that often have low energy as a symptom. If you really feel like you're dragging or are in a constant funk, ask your doctor about a blood test to see if you're getting enough. Deficiency can be remedied with dietary changes and supplements.

BOTTOM LINE: B vitamins keep your motor running, but loading up won't give you an extra jolt. Get them from a variety of foods to ensure you hit all eight.

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By CARRIE HAVRANEK

Restaurants on the Farm

There's farm-to-table, and then there's table *on* the farm. These restaurants sit within arm's reach of the field, serving produce that's traveled mere steps to get to your plate. Hit the road to taste the epitome of local.

Blue Hill at Stone Barns Center for Food and Agriculture

POCANTICO HILLS, NEW YORK

Setting the standard for restaurants-on-the-farm, chef Dan Barber is the visionary and co-owner behind this 80-acre agricultural educational center that's pushing the boundaries of sustainable farming and animal husbandry. Drive up the tree-lined road, surrounded by idyllic farmland, to arrive at the restaurant set in a high-beamed barn overlooking the fields. Seatings include up to 30 courses, ranging from single bites to composed dishes, such as the braised cauliflower chef Bastien Guillochon is holding (*above*). Past offerings have included bread topped with warm ricotta cheese and carrot salt, and fresh fruit served atop a honeycomb. *Starting at $258.*

Backwoods Crossing

TALLAHASSEE, FLORIDA

The rustic Backwoods Crossing is the brainchild of brothers Tyler and Jesse Rice. With a successful downtown farm-to-table restaurant, Backwoods Bistro, under their belt, they wanted to get even closer to the farm. Two years and 3½ acres later, they have 70 hens and loads of fruits and veggies, as well as quail and rabbits. The food is a veg-forward spin on Southern fare: yellow corn and okra cakes with spicy bacon-buttermilk drizzle, marinated shiitakes on scarlet kale, and radish salad with cucumber vinaigrette. *Sandwiches start at $9, entrees start at $18.*

Gathering Together Farm

PHILOMATH, OREGON

Maybe you came for the organic farmstand produce, but stayed for a garden stroll and the made-from-scratch potato doughnuts. Or maybe you stopped in for the garlic scapes and goat cheese pizza and left with a bunch of black kale. This farm-meets-restaurant with 50 acres does it all (not to mention run a 350-plus member CSA). Wood-fired pizzas a mainstay, or tuck into dishes like radiatore pasta—made on site—with snap peas, zucchini and basil pesto cream with hazelnuts, or steak served with roasted vegetables and carrot-top chimichurri. *$12-25.*

Old Tioga Farm

STATE WATER, PENNSYLVANIA

Old Tioga has a fierce following—of locals and travelers alike—for its food, largely inspired by the Emilia-Romagna region of Italy. Chef Justin Naylor and his wife, Dillon, serve dishes at their intimate, centuries-old farmhouse that might feature fried zucchini blossoms, beet-filled ravioli with butter and chives, and strawberry sorbet. The farm follows organic practices and grows veggies for about 30 families in its CSA. It also offers bread shares, highlights include focaccia and a crusty country loaf. *Five courses, prix-fixe menu $60 per person, BYOB.*

The Restaurant at Patowmack Farm

LEESBURG, VIRGINIA

On a mountain peak overlooking the Potomac River, this 40-acre property has a nearly 2-acre garden, a forest for foraging mushrooms, ramps, sassafras and frost grapes, and plenty of room for goats, fowl and a half-dozen beehives. The nine-course meals are served in the greenhouse with gorgeous valley views. One notable dish is "Trading with the Piscataway Tribe," which pays homage to the Native Americans who once lived here and features ever-changing takes on corn, beans and squash—known as "the three sisters." *Prix-fixe menu, $105.*

The key to a great salad isn't how it's mixed. It's what you mix.

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Serves: **8** | Prep time: **10 min.** | Total time: **15 min.**

Salad Ingredients:

1 can (15.5 oz.) **GOYA® Black Beans**, drained and rinsed
1 can (15.5 oz.) **GOYA® Chick Peas**, drained and rinsed
1 can (15.5 oz.) **GOYA® Red Kidney Beans**, drained and rinsed
1 medium cucumber, peeled, seeded and chopped
1 red bell pepper, seeded and finely chopped
2 tbsp. finely chopped fresh cilantro

Dressing Ingredients:

3 tbsp. **GOYA® Red Wine Vinegar**
2 packets **GOYA® Salad and Vegetable Seasoning**
1 tbsp. **GOYA® Lemon Juice**
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For step-by-step instructions, visit goya.com/beansalad

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BRIOCHE FRENCH TOAST WITH WALNUT CRUMBLE

FRENCH TOAST

- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 1 tablespoon granulated sugar
- 1 tablespoon lemon zest
- 1 teaspoon cinnamon
- ⅛ teaspoon salt
- 6 eggs
- 6-8 slices of thick sliced brioche or French bread
- 1 tablespoon unsalted butter

WALNUT CRUMBLE

- ½ cup brown sugar
- ½ cup **California walnuts**, chopped
- ½ cup old fashioned oats
- 3 tablespoons unsalted butter, cold and cut into ½ inch cubes
- 1 teaspoon cinnamon

FRENCH TOAST

1. In a large bowl, hand whisk heavy cream, vanilla extract, sugar, lemon zest, cinnamon, salt and eggs.
2. Dip bread into egg mixture. Remove and place on a baking sheet. Allow bread to sit for 5-7 minutes
3. Heat 1 tablespoon butter on griddle over medium high heat. Cook bread until both sides are golden brown

WALNUT CRUMBLE

1. Preheat oven to 350°F
2. Line a baking sheet with parchment paper and set aside.
3. Combine all ingredients, using fingers to make sure butter is evenly distributed
4. Spread evenly on baking sheet and bake for about 10 minutes, or until golden brown, stirring halfway through to prevent it from burning.
5. Remove from oven and let cool. Sprinkle over French toast and drizzle with maple syrup if desired. Serve warm

For more recipes, visit **Walnuts.org**.

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LIVINGWELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

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By KELLY COGSWELL

Attack of the Killer Heirlooms

The exhilarating—and totally exhausting—abundance of CSAs

I'd heard the stories, but never thought I'd live them firsthand. The shame of lettuce liquefying in the crisper. The desperate search for cucumber recipes. The existential weight of uneaten rutabagas and turnips piling up on the counter, week after week, because the fridge is too full for one root more. Surely those problems just affected people who lacked time, or imagination. And because the vegetables in my chronically overextended New York City life normally consisted of tired arugula from a cellophane bag and quick sautés of limp bell peppers and frozen corn, I unthinkingly said, "Sure, sounds great!" when my friend Kathy offered me her CSA for a couple of weeks.

Community-Supported Agriculture. The name didn't do justice to the long room loaded with ultra-fresh vegetables and homey little slates telling me to take one of these, and four of those. I was charmed by an abundance I hadn't known since my Kentucky childhood, when my mom would take us strawberry picking and I'd toddle down the rows stuffing handfuls of the sweet warm fruit in my mouth and only occasionally dropping a few into the old coffee can we used to collect them. This time, I kept my mouth shut and just filled my bags. Like a casting director, I imagined this zucchini starring in a *soupe au pistou* and that slick, glossy eggplant headlining in a silky ratatouille I could already taste.

Reality raised her incredulous head by the time I got to the potatoes and onions spilling from huge sacks at the row's distant end: *You know you'll have to carry this stuff 10 sweltering blocks to get home. And, honestly, you'll never have time to cook it all with your looming deadlines and a girlfriend who's made exactly one meal in the 25 years you've been together!*

I wasn't Reality's only target. A Spandex-clad woman nearby stared at the tomatoes in guilty panic. "My god!" she babbled breathlessly, like she'd just stepped out of Spin class. "I still have so many from last week! I can't eat any more salsa. I've already made marinara. My neighbors hide now when I try to give them away!" I thought about suggesting ketchup or, more radically, telling her she didn't have to take any at all, but I didn't want to push her over the edge.

Another woman stood frozen in front of the peppers, hair mussed and hemp dress drooping, no longer certain that reducing her carbon footprint was worth facing that cacophony of choice. There were large and small, hot and sweet, shiny yellow, red, even black peppers. Proud of my fortitude, I grabbed some randomly and daringly tossed them into the bags I could already barely lift.

I left happy, thinking about the tart I'd make with the delicate plums I'd set aside to balance on top of all those glorious organic veggies. Halfway down the block, I realized I'd forgotten to take them. I felt a sudden, voracious hunger, imagining their sweet tangy flesh arranged on the thinnest bed of cream, with a puffy, browned crust rising all around like I'd seen in Paris. But the straps of my bags were already digging into my shoulders. There was no question of going back. Sorry plums, you're dead to me.

I walked the next few blocks resenting the tomatoes that were banging against my side, no doubt bruising and splitting with each step. Boy, was it hot. A block had never seemed so long. To distract myself, I invoked my grandma's corn fritters. How she'd shuck the ears, scrape the cobs and stir the milky kernels into a light batter with tiny rings of scallions—which she called spring onions and sometimes ate raw like any hayseed, horrifying my newly middle-class mom, who'd embraced the convenience and sophistication of canned goods and casseroles.

Thoughts of those subversive fritters kept me going until I staggered into our apartment and saw how my three enormous bags dwarfed our tiny urban kitchen. The cabbage was too fat for the crisper. The leek wouldn't fit, even on a diagonal. The zucchini just sat there, taunting me. My girlfriend came home to find 20 pounds of vegetables and fruits languishing in their sacks, and me lying on the cool wooden floor, dreaming of 99¢ pizza, ramen, takeout from the New Double Dragon.

"So," she asked, "what's for supper?"

KELLY COGSWELL *is author of* Eating Fire *and an accomplished home cook. Her stint in a professional kitchen ended abruptly after a disaster with boiling water and melted polyester pants. She lives and eats in New York and Paris.*

+ TOMATO AVALANCHE? We've got lots of ideas for a those CSA tomatoes at eatingwell.com/webextra

BERTOLLI

SAVOR THE SIMPLICITY OF THE TUSCAN WAY.

– A few key organic ingredients –

– Cooked lightly with organic olive oil –

– To lock in layers of flavor –

One hundred and fifty years ago, Francesco Bertolli embraced The Tuscan Way by using simple ingredients and elevating the flavors of each one. This inspired us to create our Organic Fire Roasted Garlic sauce – cooked with organic ingredients for a bright, fresh taste. Bring Bertolli sauce home tonight and try dinner The Tuscan Way.

Bring Tuscan to your table

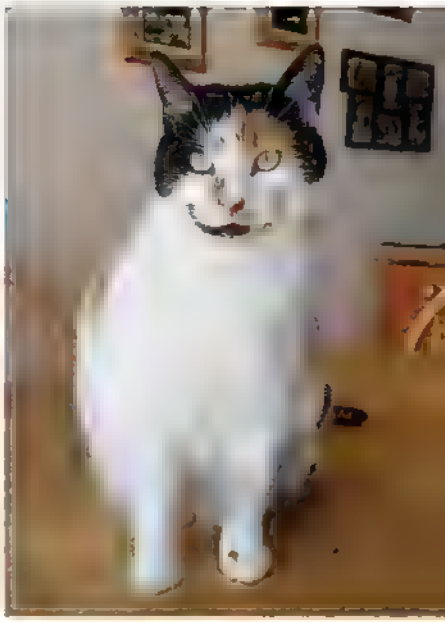
Rediscover Your Pet's Best Self

A pet's weight isn't often a concern if they don't appear overtly thin or heavy. As a few magazine team members recently discovered, a little extra padding can equal an overweight, furry family member. In partnership with the experts at Purina® Pro Plan®, their pets started on the SIMPLY FIT™ system to get back to an ideal body condition. Check out their stories and weight loss journeys.

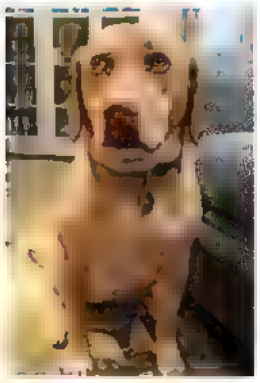
When a Little is a Lot

Callie definitely didn't look heavy, but I was surprised to learn that at 15 pounds, she's considered overweight. We couldn't wait to try SIMPLY FIT. She took to the new food right away, and the Pro Plan SIMPLY FIT Facebook group has been a great source of information and reassurance every step of the way."

Tina R., Senior Analyst, *Shape*



No Such Thing as Big-Boned



"We always thought yellow labs were on the stockier side. Once we realized Hazel didn't have a defined waist, we knew she ought to lose a few pounds. The switch to the Pro Plan SIMPLY FIT system was so easy—we set reminders to alternate bags each week. She tends to have a sensitive stomach but she's loving the food!"

Megan H., Account Manager, *Family Circle*

There's More Than Meets the Eye

Blue is a big fur ball so it wasn't so obvious that he needed to lose weight until we gave him a gentle hug to see that his ribs weren't as easy to feel as they should be. The transition to the two new formulas was seamless. Even though he's getting the same amount with each bag, the cut in calories has already resulted in a 2 pound weight loss in just a few weeks. And with his appetite still as strong as before, I don't feel guilty. Win-win!"

Marc R., Account Executive, *Better Homes & Gardens*

ZERO GUILT

Worried your pet will be unsatisfied? With SIMPLY FIT™, there's no need to deprive your pet, because they'll get the same amount of great-tasting food during each stage. And because the system is designed for efficiency, not speed, it allows your pet to eat more food than they would using a traditional weight loss method. That's something you both can feel good about!

Learn how to assess your pet, and get the tools and answers you need to get them started on their weight loss journey at **ProPlan.com/SIMPLYFITWeightLoss**

PURINA
PRO PLAN
NUTRITION THAT PERFORMS®

WHAT IF WEIGHT LOSS DIDN'T HAVE TO FEEL LIKE A LOSING BATTLE?

BREAK THROUGH TO A BETTER WEIGHT LOSS SYSTEM.

At Purina® Pro Plan® we rethought the weight loss process and made a powerful breakthrough: **Purina® Pro Plan® SIMPLY FIT™.** This revolutionary system alternates between two great-tasting formulas to promote a continuously active metabolism, helping pets reach an ideal body condition.

Evaluate your pet's weight and find support for your journey at
ProPlan.com/SIMPLYFITWeightLoss

Exclusively at Pet Specialty and Online Retailers

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PURINA Your Pet Our Passion

DOWN TO THE SOUTH

LOCATION PHOTOGRAPHY
NICK BURCHELL

RECIPES BY
STEVEN SATTERFIELD

Chef Steven Satterfield keeps busy. He's known for vegetable-forward cooking at his Atlanta-based restaurant Miller Union. Plus he holds leadership positions in the Slow Food organization and in Chefs Collaborative, a network of sustainability-minded restaurateurs. Oh, and he also snagged a 2017 James Beard Award for best chef in the Southeast. But Satterfield knows how to slow down too. He created this seasonal menu to relax with friends. Whether it's Steven's fresh and luxurious asparagus and sorrel bisque, the killer vegetable lasagna or the strawberry-rhubarb finale, you'll want to take your time and savor every bite.

FOOD PHOTOGRAPHY
JOHNNY AUTRY

RECIPE STYLING
CHARLOTTE AUTRY

Like any chef, Steven Satterfield knows the power of prepping ahead. For this menu he slices root vegetables for the salad *(opposite)* and makes the elements of the pea & fennel toasts *(below left)* and soft-boiled eggs *(below right)* during the afternoon. When guests arrive there's more time to chill.

TOASTS WITH SARDINES

P. 66

GREEN GODDESS DRESSING

P. 66

DOWNTIME DOWNSOUTH

GREENS & ROOTS SALAD WITH CITRUS-WALNUT VINAIGRETTE

DOWNTIME DOWN SOUTH

SPRING VEGETABLE LASAGNA
P. 68

BUCKWHEAT CREPES WITH STRAWBERRIES, RHUBARB & WHITE CHOCOLATE
P 68

wines

NV Albert Bichot, Cremant de Bourgogne, Brut Rosé, Beaune, France ($23): Sparkling pinot noir with strawberry acidity.

~

2016 Collina Serragrilli Quantus Roero Arneis, Piedmont, Italy ($18): Young, fresh and citrusy with aromas of pineapple, lemon zest and dill.

~

2015 Robert Mondavi Winery Unoaked Chardonnay, Napa, CA ($34): Nutty and juicy with a touch of creaminess.

~

2015 Broc Vine Starr Zinfandel, Sonoma County, CA ($30): Soft and floral with red-cherry bursts.

~

2016 Michele Chiarlo Nivole Moscato d'Asti Piedmont, Italy ($12). Sweet like a honeysuckle spritz.

PEA & FENNEL TOASTS WITH SARDINES

ACTIVE: 45 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate pea puree (Steps 1-2) for up to 1 day
One of these generously topped bruschetta-like toasts makes a great first course, two of them are perfect as a light lunch with a salad. And tinned sardines are delicious here, as are grilled fresh sardines if you can find them. (Photo page 62.)

PEA PUREE

- **2 cups fresh shelled English peas (from about 2 pounds unshelled) *or* frozen**
- **1 cup fennel fronds**
- **¼ cup extra-virgin olive oil**
- **½ cup packed fresh mint**
- **1 stalk green garlic *(see Tip, page 108)*, chopped**
- **2 tablespoons lemon juice**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground pepper**

TOASTS

- **6 ½-inch-thick slices pain au levain *or* whole-wheat country bread, cut in half**
- **1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided**
- **2 lemons**
- **1 small fennel bulb, halved, cored and thinly sliced**
- **Pinch each of kosher salt & pepper**
- **12 sardines *and/or* anchovies**
- **¼ cup fresh mint, cut into pieces or torn**

1. To prepare puree: Bring a large saucepan of water to a boil. Set a bowl of ice water near the stove. Cook peas in the boiling water until tender, 2 to 4 minutes. Transfer to the ice bath until cold, 1 to 2 minutes. Remove the ice, then drain the peas in a colander. Let them stand until well drained, shaking the colander a few times, about 2 minutes.
2. Transfer the peas to a food processor and add fennel fronds, ¼ cup each oil and mint, green garlic, lemon juice, ½ teaspoon salt and ¼ teaspoon pepper. Puree until slightly chunky, scraping down the sides once or twice.
3. To prepare toasts: Position a rack in top third of oven; preheat broiler to high.
4. Place bread on a baking sheet and brush both sides with 1 tablespoon oil. Broil until browned and crisp, about 2 minutes per side. Let cool for 5 minutes.
5. Juice 1 lemon. Toss fennel with the juice, the remaining 2 teaspoons oil and salt and pepper. Spread 2 tablespoons of the pea puree on each toast. Divide the fennel among the toasts, lightly pressing it into the puree. Top each with a sardine (or anchovy). Top with mint. Cut the remaining lemon into wedges and serve with the toasts.

SERVES 12: 1 toast each
CAL 211 / **FAT** 12G (SAT 2G) / **CHOL** 3MG / **CARBS** 20G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 406MG / **POTASSIUM** 205MG.

SOFT EGGS WITH GREEN GODDESS DRESSING & BROWN-BUTTER BREADCRUMBS

ACTIVE: 45 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate dressing (Step 2) for up to 5 days
For this first course, the custardy yolks of soft-cooked eggs are magically balanced with Satterfield's take on goddess dressing. All topped with crunchy brown-butter breadcrumbs—just think about it. Yum. (Photo page 62.)

DRESSING

- **½ cup crème fraîche**
- **½ cup mayonnaise**
- **¼ cup packed fresh basil**
- **¼ cup chopped fresh chives**
- **2 tablespoons chopped fresh parsley**
- **2 anchovy fillets**
- **1 teaspoon lemon zest**
- **1 tablespoon lemon juice**
- **1 tablespoon champagne vinegar**
- **1½ teaspoons fresh tarragon**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**

BREADCRUMBS & EGGS

- **½ cup cubed whole-wheat bread**
- **2 teaspoons unsalted butter**
- **8 large eggs**
- **Thinly sliced radishes for garnish**

1. Put a large pot of water on to boil.
2. To prepare dressing: Combine crème fraîche, mayonnaise, basil, chives, parsley, anchovies, lemon zest and juice, vinegar, tarragon, salt and pepper in a blender. Puree until smooth. Set aside.
3. To prepare breadcrumbs: Pulse bread in a mini food processor until finely ground. Melt butter in a small skillet over medium heat until beginning to brown, 1 to 2 minutes. Add the breadcrumbs; cook until the butter is absorbed and the breadcrumbs are light brown, 1 to 2 minutes. Transfer to a small bowl and let cool.
4. To prepare eggs: Set a bowl of ice water near the stove. Using a spoon, gently lower eggs into the boiling water. Reduce heat to maintain a rapid simmer. Cook for 7 minutes. Transfer the eggs to the ice bath and let cool for 5 minutes. Peel the eggs and slice in half.
5. Arrange the eggs, cut-side up, on a platter. Spoon ⅓ cup dressing over them (reserve the remaining dressing for another use) and sprinkle with the breadcrumbs. Garnish with radishes, if desired.

SERVES 8: 1 egg & 2 tsp. dressing each
CAL 123 / **FAT** 10G (SAT 3G) / **CHOL** 193MG / **CARBS** 4G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 0G / **SODIUM** 130MG / **POTASSIUM** 81MG

ASPARAGUS & SORREL BISQUE

ACTIVE: 40 min **TOTAL:** 2 hrs 40 min
TO MAKE AHEAD: Refrigerate for up to 1 day
Sorrel, this dish's tart and vibrant co-star is an iconic spring green. Paired with asparagus, it adds a bright, lemony flavor to a soup that's great warm or cool. Add tender, young sorrel to salads or sauces to cut through the richness of foods like salmon or steak. (Photo page 1.)

- **2 tablespoons unsalted butter**
- **2 tablespoons extra-virgin olive oil**
- **2 large leeks, white and pale green parts only, halved and thinly sliced**
- **2 stalks green garlic *(see Tip, page 108)*, sliced**
- **1 teaspoon kosher salt**
- **4 cups low-sodium vegetable *or* no-chicken broth**
- **2 pounds asparagus, trimmed and cut into ½-inch pieces**
- **4 cups sorrel *(see Tip, page 108) or* baby arugula, plus more for garnish**
- **½ cup crème fraîche**
- **Sliced radishes & ground pepper for garnish**

1. Heat butter and oil in a large pot over medium heat until the butter is foamy. Add leeks, green garlic and salt and cook, stirring occasionally, for 5 minutes. Add broth and bring to a simmer over high heat. Add asparagus, adjust heat to maintain a simmer, and cook, stirring occasionally, until the asparagus is tender, 8 to 10 minutes. Transfer the soup to a large

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WITH
AVOCADO
OIL
It's the creaminess and taste of Hellmann's you love, with the delicious goodness of avocado oil.
WE'RE ON THE SIDE OF FOOD
HELLMANN'S
MAYONNAISE DRESSING
HELLMANN'S
Avocado Oil
11.5 FL OZ (340mL)

bowl. Refrigerate, uncovered, for 2 hours.
2. Add sorrel (or arugula) to the soup. Puree in batches in a blender until smooth. Adjust seasoning as needed. Serve topped with crème fraîche and garnish with more sorrel (or arugula), radishes and pepper, if desired.

SERVES 8: 1 cup each

CAL 153 / **FAT** 12G (SAT 6G) / **CHOL** 20MG / **CARBS** 9G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 334MG / **POTASSIUM** 184MG

GREENS & ROOTS SALAD WITH CITRUS-WALNUT VINAIGRETTE

ACTIVE: 35 min **TOTAL:** 35 min
TO MAKE AHEAD: Refrigerate vinaigrette (Step 1) for up to 3 days

Really—raw beets and turnips, you ask? Oh, yes! They're quite delicious and crunchy as long as you use small ones and slice them thin. An inexpensive mandoline (Kyocera sells a good basic model for about $20) makes this a quick and easy job. (Photo: page 63.)

VINAIGRETTE

- ½ cup toasted walnuts, plus more for garnish
- ¼ cup sherry vinegar
- 2 tablespoons Banyuls *or* red-wine vinegar
- 2 tablespoons verjus blanc *or* white wine
- Zest & juice of 1 orange
- 2 tablespoons minced leek
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon honey
- 1 tablespoon whole-grain mustard
- 1 tablespoon chopped fresh parsley
- 2 teaspoons kosher salt
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- ⅛ teaspoon ground pepper
- ⅔ cup extra-virgin olive oil

SALAD

- 4 cups chopped beet, turnip *and/or* radish greens *or* arugula
- 2 cups chopped chard
- 2 cups chopped escarole
- 2 cups chopped kale
- 1 cup chopped radicchio
- 3 small beets
- 3 small turnips
- 3 radishes
- 2 small carrots

1. To prepare vinaigrette: Combine walnuts, sherry vinegar, Banyuls (or red-wine) vinegar, verjus (or wine), orange zest and juice, leek, Parmesan, honey, mustard, parsley, salt, rosemary, thyme and pepper in a blender. Puree until smooth. With the motor running, slowly add oil until combined.
2. To prepare salad: Toss greens, chard, escarole, kale and radicchio in a large bowl. Very thinly slice beets, turnips, radishes and carrots, add to the greens. Toss the salad with 1 cup vinaigrette (reserve the remaining vinaigrette for another use). Serve topped with more walnuts, if desired.

SERVES 8: 1½ cups each

CAL 150 / **FAT** 12G (SAT 2G) / **CHOL** 1MG / **CARBS** 9G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 341MG / **POTASSIUM** 346MG

SPRING VEGETABLE LASAGNA

ACTIVE: 40 min **TOTAL:** 1 hr 25 min

It isn't essential, but a mandoline will make quick work of producing thin, uniform slices of roots that cook super-evenly and look stunning in this lasagna. No-boil noodles help get it in the oven fast. But if you're up for a project (it's well worth the time), go to eatingwell.com/webextra *for Satterfield's homemade spinach noodles to layer in instead.* (Photo: page 64.)

- 1 tablespoon unsalted butter, plus more for the pan
- 2½ cups low-sodium vegetable *or* no-chicken broth
- 1¼ cups mascarpone cheese
- 1 teaspoon chopped fresh thyme
- ½ teaspoon chopped fresh oregano
- 1¼ teaspoons kosher salt
- 8 cups tightly packed fresh spinach leaves (about 10 ounces)
- 9 ounces no-boil lasagna noodles
- 3 cups thinly sliced carrots, turnips *and/or* radishes
- 8 ounces crumbled farmer's cheese

1. Preheat oven to 375°F. Coat a 9-by-13-inch baking dish with butter.
2. Whisk broth and mascarpone in a medium saucepan over medium-low heat until smooth, about 5 minutes. Add thyme, oregano and salt; remove from heat.
3. Heat the remaining 1 tablespoon butter in a large skillet over medium heat. Add spinach and cook, stirring, until wilted, 2 to 3 minutes. Remove from heat.
4. Arrange 4 noodles in the prepared baking dish, slightly overlapping. Top with ¼ cup of the spinach and ¾ cup vegetables. Pour on 1 cup of the mascarpone mixture and top with ⅓ cup farmer's cheese. Repeat to make 4 layers. Cover with a piece of foil coated with cooking spray.
5. Bake the lasagna for 25 minutes. Uncover and bake until the edges start to crisp, about 15 minutes more. Let stand for 10 minutes before serving.

SERVES 8: 1 piece (3x4-inch) each

CAL 571 / **FAT** 44G (SAT 23G) / **CHOL** 128MG / **CARBS** 30G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 4G / **SODIUM** 637MG / **POTASSIUM** 346MG.

BUCKWHEAT CREPES WITH STRAWBERRIES, RHUBARB & WHITE CHOCOLATE

ACTIVE: 1½ hrs **TOTAL:** 3½ hrs
TO MAKE AHEAD: Refrigerate crepe batter (Step 1) for up to 6 hours. Refrigerate compote (Step 2) and sauce (Step 3) separately for up to 1 day.

Lightly spiced, cooked rhubarb makes a complex partner for the shout-with-joy flavor of fresh strawberries. The fruit duo is layered on a buckwheat crepe and drizzled with white chocolate sauce to complete this eye-catching dessert. Buckwheat flour gives the crepes a more gutsy, nutty flavor than all-purpose flour. (Photo: page 65.)

CREPES

- 1 cup buckwheat flour *(see Tip, page 108)*
- 1 cup whole milk
- ½ cup water
- 4 large egg whites
- 4 tablespoons (½ stick) unsalted butter, melted
- ½ teaspoon kosher salt

RHUBARB COMPOTE

- 2 cups diced rhubarb (½-inch pieces; thawed and drained, if frozen)
- ½ cup sugar
- ⅛ teaspoon grated nutmeg
- Pinch of kosher salt
- Zest & juice of 1 small orange

WHITE CHOCOLATE SAUCE

- ¼ cup heavy cream
- ¼ cup whole milk
- 3 ounces white chocolate
- Pinch of kosher salt
- 2 large egg yolks

STRAWBERRIES

- 2½ cups sliced strawberries
- 1 tablespoon sugar
- 1 teaspoon lemon juice
- Chopped fresh mint for serving

1. To prepare crepe batter: Whisk flour, 1 cup milk, water, egg whites, butter and ½ teaspoon salt in a medium bowl. Cover and refrigerate for at least 2 hours and up to 6 hours.
2. To prepare compote: Combine rhubarb, ⅓ cup sugar, nutmeg and salt in a large skillet. Let stand for 10 minutes. Add orange zest and juice. Cook over medium heat until tender, 2 minutes for frozen (thawed and drained) and 5 to 7 minutes for fresh. Remove from heat. Using a slotted spoon, transfer the rhubarb to a medium bowl, leaving the liquid in the pan. Cook the liquid over medium-high heat, stirring often, until it's a syrupy glaze, 1 to 4 minutes. Add to the rhubarb and refrigerate.
3. To prepare sauce: Heat cream, milk, white chocolate and salt in a medium saucepan over medium-low heat. Bring to a simmer, stirring frequently. When the cream starts to expand and rise, remove from heat. Whisk egg yolks in a small heatproof bowl, then whisk in ⅓ cup of the hot cream mixture. Scrape the egg mixture back into the pan and return to low heat. Cook, stirring constantly, until the mixture thickens slightly, 1 to 2 minutes. Pour through a fine-mesh sieve into a medium bowl and refrigerate.
4. To prepare strawberries: Combine berries, sugar and lemon juice in a bowl. Set aside.
5. To prepare crepes: Coat a medium cast-iron skillet, nonstick skillet or crepe pan with cooking spray and heat over medium-low heat for 5 minutes. Whisk the batter. Pour ⅓ cup batter into the hot pan, rotating to distribute it evenly. Cook until set in the center (when you lightly touch it, no batter comes off), 1 to 3 minutes. Transfer to a baking sheet. Repeat with the remaining batter to make 8 crepes.
6. To assemble: Place a crepe on a cutting board, browned-side down. Spread with a generous 1 tablespoon each sauce and rhubarb. Top with 3 tablespoons strawberries. Place a second crepe on top, browned-side up. Cut into halves or triangles. Repeat with the remaining crepes, sauce, rhubarb and berries. Serve topped with mint, if desired, and any remaining fillings.

SERVES 8: ½ filled crepe each

CAL 295 / **FAT** 15G (SAT 9G) / **CHOL** 76MG / **CARBS** 35G / **TOTAL SUGARS** 22G (ADDED 15G) / **PROTEIN** 7G / **FIBER** 3G / **SODIUM** 212MG / **POTASSIUM** 389MG.

INTRODUCING A NEW RANGE

CRAFTED WITH LESS SUGAR*
(NOT LESS TASTE)

CRAFTED FOR TASTE

CLEARLY TALENTI gelato

*vs regular ice cream

Raise the Salad Bar

It's time to ramp up your salad game. With so many fresh, good-for-you, ingredients out there, the flavor combinations are pretty much endless. We've got some inspiration to help you raise the salad bar—layer by delicious layer.

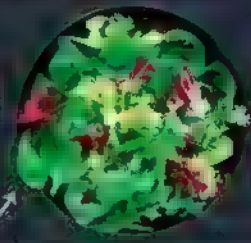
START OFF STRONG

Arugula

Spinach

Kale

Spring Mix



As the foundation of your salad, leafy greens provide substance, crunch, and fiber. Remember: the darker the greens, the more vitamins and minerals they contain.

HEALTHY ADDITIONS

Strawberries

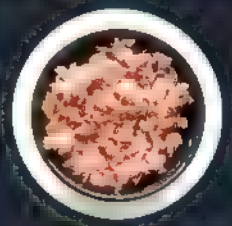
Carrots

Spring Peas

Radishes

Fruits and vegetables add color, texture, and tons of flavor. The more color and variety you include, the greater the range of nutrients you're adding to your salad. Not sure what to add? Head to your local farmers market to see what's in season!

PUNCH UP THE PROTEIN


Tuna

Beans

Hard-Boiled Egg

Johnsonville Chicken

Pre-cooked **Johnsonville Flame Grilled Chicken** *makes it quick and easy to add seasoned and grilled premium cuts of chicken to your salad. Get tender and juicy flavor in under a minute—with nothing artificial.*

Johnsonville.com/FlameGrilledChicken

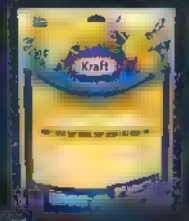
CHEESY GOODNESS

Feta

Goat Cheese

Mozzarella

KRAFT Natural Cheese



Sprinkle **KRAFT Natural Cheese Finely Shredded Triple Cheddar** *on your salad for cheesy goodness in every bite. Shredded Vermont white cheddar, sharp cheddar, and mild cheddar cheeses come together for a delicious addition to any salad.*

KraftRecipes.com/KraftCheese

SATISFY YOUR CRUNCH CRAVING

Croutons

Sliced Almonds

Pita Chips

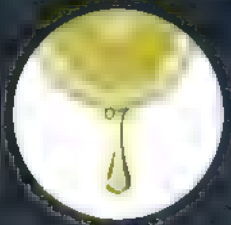
Oscar Mayer Bacon

For a crispy, savory bite, crumble in some bits of bacon. **Oscar Mayer Bacon** *is naturally cured and smoked with real hardwoods and is the only bacon that cooks up perfectly with the same mouth-watering taste every time.*

OscarMayer.com

DRESS IT UP

Red Wine Vinegar


Lemon Juice

Balsamic Vinegar

Olive Your Heart Olive Oil

Enjoy **Olive Your Heart® Olive Oil** *drizzled over a salad or mixed into your favorite dressing recipe. Choose from basil, lemon, garlic, or natural flavor.*

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We love meat as much as the next person. But who doesn't like a little surprise switcheroo? For this year's annual Eat More Veg challenge we decided to get tricky. First up: we swap carrots for dogs. We know... it sounds like a pretty sad fake. It isn't! Taste it! Believe it!

MEAT THE PRETENDERS

Recipes by the EatingWell Test Kitchen

Photography by Eva Kolenko

Hand-lettering by Mike Lowery

Carrot Dogs with the works
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Cauliflower Steaks Milanese with Salsa Verde, p.80

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Red Cabbage Porterhouse Steaks with Herb Butter

EGGPLANT: THE MEATIEST MEAT OF THE MEDITERRANEAN

Eggplant Gyros

Red Cabbage Porterhouse Steaks with Herb Butter

ACTIVE: 35 min **TOTAL:** 9 hrs (including 8 hrs marinating time)
TO MAKE AHEAD: Marinate cabbage (Steps 1-2) for up to 1 day. Refrigerate herb butter (Step 3) for up to 1 week or freeze for up to 3 months.

Give this meal the true steakhouse treatment and serve it with steamed asparagus, french fries and a big, bold cabernet sauvignon. It also goes really well with... steak.

CABBAGE STEAKS

- 2 medium heads red cabbage (about 3 pounds each)
- 2 cloves garlic, minced
- ¼ teaspoon salt
- 1 cup red wine
- ½ cup extra-virgin olive oil
- ¼ cup reduced-sodium tamari
- 2 tablespoons Dijon mustard
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon light brown sugar
- ½ teaspoon ground pepper

HERB BUTTER

- 4 tablespoons unsalted butter, softened
- 2 tablespoons finely chopped fresh herbs, such as basil, dill *and/or* chives
- ¼ teaspoon ground pepper

1. To prepare cabbage: Place each cabbage on a cutting board, stem-side up. Using a large chef's knife, cut two 1-inch-thick slices from the center of each head. (Reserve the remaining cabbage for another use.)
2. Mash garlic and salt with a fork or the side of a chef's knife to form a paste. Combine the garlic paste with wine, oil, tamari, mustard, rosemary, brown sugar and ½ teaspoon pepper in a 9-by-13-inch baking dish. Dip the cabbage slices in the marinade to coat both sides, then place in a large sealable plastic bag. Pour the remaining marinade on top. Refrigerate for at least 8 hours and up to 1 day, turning occasionally.
3. To prepare herb butter: Combine butter, herbs and pepper in a small bowl. Scrape onto a piece of plastic wrap and shape into a 1-by-2-inch cylinder. Roll up in the plastic. Refrigerate.
4. Preheat grill to medium-high and preheat oven to 400°F.
5. Remove the cabbage from the marinade (discard the marinade). Grill, turning occasionally, until very charred, 16 to 20 minutes total. Transfer to a large baking sheet. Bake until tender, about 15 minutes. Serve with the herb butter.

SERVES 4: 1 cabbage steak & 1 Tbsp. butter each
CAL 314 / **FAT** 23G (SAT 9G) / **CHOL** 31MG / **CARBS** 22G / **TOTAL SUGARS** 11G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 6G / **SODIUM** 450MG / **POTASSIUM** 703MG

Eggplant Gyros

ACTIVE: 40 min **TOTAL:** 4 hrs 10 min (including 3 hrs marinating time)
TO MAKE AHEAD: Marinate eggplant (Steps 1-2) for up to 1 day.

Eggplant's meaty texture is a delicious stand-in for the lamb that typically fills this Greek sandwich. It absorbs the lemony-herby-spicy marinade like a sponge, so if you have time, let it marinate for the full day.

EGGPLANT

- 1½ pounds eggplant
- 1 teaspoon kosher salt
- ½ cup extra-virgin olive oil
- 2 tablespoons chopped fresh dill
- 2 tablespoons lemon juice
- 2 large cloves garlic, grated
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon piment d'Espelette *or* Aleppo pepper

TZATZIKI

- 1 cup shredded cucumber
- ½ cup whole-milk plain Greek yogurt
- 1 tablespoon chopped fresh dill
- 1 clove garlic, grated
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper

Celeriac & Walnut Tacos

FOR SERVING

- 4 whole-wheat pita breads, warmed
- 1 large tomato, chopped
- 2 cups chopped romaine lettuce
- ¼ cup slivered red onion

1. To prepare eggplant: Trim ends off eggplant and cut lengthwise into ½-inch-thick slices. Place in a colander and toss with 1 teaspoon salt. Let stand for 30 minutes. Rinse and pat dry. Transfer the eggplant to a 9-by-13-inch baking dish.

2. Meanwhile, whisk oil, 2 tablespoons dill, lemon juice, garlic, coriander, cumin, oregano and piment d'Espelette (or Aleppo) in a small bowl. Rub the marinade on the eggplant. Refrigerate for at least 3 hours and up to 1 day.

3. To prepare tzatziki: Place cucumber on a clean kitchen towel, gather it up and squeeze out as much liquid as possible. Place the cucumber in a small bowl and mix in yogurt, dill, garlic, salt and pepper. Refrigerate until ready to use.

4. To grill & serve: Preheat grill to medium-high. Grill the eggplant, turning once, until lightly charred, 3 to 5 minutes per side. Serve in pitas with tomato, lettuce, onion and some of the tzatziki.

SERVES 4: 1 sandwich each

CAL 524 / **FAT** 31G (SAT 5G) / **CHOL** 4MG / **CARBS** 53G / **TOTAL SUGARS** 11G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 11G / **SODIUM** 599MG / **POTASSIUM** 806MG.

Celeriac & Walnut Tacos

ACTIVE: 25 min **TOTAL:** 25 min

Fake out your family and friends with this fast plant-fueled taco dinner. Ground toasted nuts and chopped sautéed celeriac yield a texture similar to ground beef, then classic taco seasoning does the rest. If you want a little heat, sprinkle with some minced jalapeño.

- ½ cup walnuts
- 8 ounces celeriac (celery root), peeled and cut into 1-inch pieces
- 2 tablespoons corn oil
- 1 clove garlic, finely chopped
- 1 teaspoon chili powder
- ¾ teaspoon ground cumin
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt plus a pinch, divided
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ cup water
- ½ cup julienned peeled jicama *and/or* radishes
- 1 tablespoon lime juice
- 8 corn tortillas, warmed
- 1 ripe avocado, sliced
- ½ cup fresh salsa *or* pico de gallo
- ¼ cup fresh cilantro

1. Toast walnuts in a medium skillet over medium heat until fragrant, about 2 minutes. Pulse in a food processor to coarsely chop. Transfer to a small bowl.

2. Pulse celeriac in the food processor until chopped into ¼-inch pieces.

3. Heat oil in the pan over medium heat. Add the celeriac and cook, stirring occasionally, until tender, about 5 minutes. Add the walnuts and garlic and cook, stirring, for 30 seconds.

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MEAT the PRETENDERS

Add chili powder, cumin, crushed red pepper, ¼ teaspoon salt, onion powder and oregano; cook, stirring, for 30 seconds. Add water and simmer until mostly absorbed but still saucy, 1 to 2 minutes. Remove from heat and cover to keep warm.

4. Mix jicama (and/or radishes) with lime juice and the remaining pinch of salt.

5. Serve the cellentani mixture in tortillas topped with the jicama (and/or radishes), avocado, salsa (or pico de gallo) and cilantro.

SERVES 4: 2 tacos each

CAL 371 / **FAT** 24G (SAT 3G) / **CHOL** 0MG / **CARBS** 38G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 9G / **SODIUM** 428MG / **POTASSIUM** 588MG.

Chicago-Style Carrot Dogs

ACTIVE: 40 min **TOTAL:** 8 hrs 40 min (including 8 hrs marinating time)
TO MAKE AHEAD: Marinate carrots (Steps 1-2) for up to 1 day

This recipe makes "dogs" Chicago-style, but feel free to doctor them up any way you like. Break with convention and add shredded cabbage, sprouts and cilantro, for example. (Photo page 72.)

CARROT DOGS

- **8 medium carrots (about 1½ pounds total)**
- **1 cup low-sodium vegetable broth**
- **½ cup cider vinegar**
- **3 tablespoons reduced-sodium soy sauce**
- **1 tablespoon Dijon mustard**
- **1 teaspoon garlic powder**
- **1 teaspoon smoked paprika**

BUNS & TOPPINGS

- **8 whole-wheat hot dog buns**
- **1 tablespoon unsalted butter, melted**
- **2 teaspoons poppy seeds**
- **8 dill pickle spears**
- **2 medium tomatoes, thinly sliced**
- **½ cup minced white onion**
- **8 teaspoons chopped sport peppers *or* pepperoncini**
- **8 teaspoons sweet relish**
- **8 teaspoons yellow mustard**
- **Celery salt (optional)**

1. To prepare carrots: Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add carrots, cover and steam until barely tender, 12 to 15 minutes.

2. Combine broth, vinegar, soy sauce, mustard, garlic powder and paprika in a sealable 1-gallon plastic bag. Add the carrots and refrigerate, keeping the carrots in a single layer, for at least 8 hours or up to 1 day, turning at least twice.

3. Preheat grill to high or heat a grill pan over high heat.

4. Remove the carrots from the marinade (discard the marinade). Grill the carrots, turning once or twice, until they're hot and have grill marks on all sides, about 5 minutes total.

5. To prepare buns & serve: Grill buns until lightly toasted on all sides, about 1 minute. Brush the tops of the buns with butter and sprinkle with poppy seeds. Serve the carrots in the buns, topped with pickles, tomatoes, onion, peppers, relish, mustard and celery salt, if using.

SERVES 8: 1 carrot dog each

CAL 182 / **FAT** 4G (SAT 1G) / **CHOL** 4MG / **CARBS** 33G / **TOTAL SUGARS** 10G (ADDED 3G) / **PROTEIN** 5G / **FIBER** 6G / **SODIUM** 719MG / **POTASSIUM** 460MG.

Cauliflower Steaks Milanese with Salsa Verde

ACTIVE: 30 min **TOTAL:** 1¼ hrs

Milanese, the traditional Italian preparation of breading meat then sautéing it until crispy, is just the treatment to give cauliflower steaks. Roast up the leftover florets or whirl them into cauliflower rice another night. (Photo page 74.)

CAULIFLOWER STEAKS

- **Olive oil cooking spray**
- **2 medium heads cauliflower (about 1½ pounds each)**
- **3 tablespoons cornstarch**
- **2 large eggs**
- **¼ teaspoon salt**
- **1 cup whole-wheat panko breadcrumbs**
- **⅓ cup finely grated Parmesan cheese**
- **⅛ teaspoon ground pepper**

SALSA VERDE

- **½ cup extra-virgin olive oil**
- **¼ cup chopped fresh parsley**
- **1 tablespoon capers, rinsed and chopped**
- **1 tablespoon lemon zest**
- **1 clove garlic, grated**
- **¼ teaspoon crushed red pepper**
- **¼ teaspoon salt**

1. To prepare cauliflower steaks: Preheat oven to 400°F. Generously coat a baking sheet with cooking spray.

2. Remove any leaves from each head of cauliflower, but leave the stem intact. Place on a cutting board, stem-side up. Using a large chef's knife, cut each head through the stem into 2 equal halves. Cut a 1-inch-thick slice from each half. (See "How to Cut a Cauliflower Steak," page 108. Reserve the remaining cauliflower for another use.)

3. Place cornstarch in a shallow dish. Lightly beat eggs with salt in another shallow dish. Combine panko, Parmesan and pepper in a third shallow dish. Coat each cauliflower steak in the cornstarch, shaking off any excess. Dip in the egg and let any excess drip off. Coat with the panko mixture. Place on the prepared baking sheet. Generously coat both sides of the cauliflower with cooking spray.

4. Bake, turning the steaks over and rotating the pan from back to front halfway through, until the cauliflower is tender and the coating is crispy, 45 to 55 minutes.

5. Meanwhile, prepare salsa verde: Combine oil, parsley, capers, lemon zest, garlic, crushed red pepper and salt in a small bowl. Serve with the cauliflower.

SERVES 4: 1 cauliflower steak & 2 Tbsp. salsa verde each

CAL 438 / **FAT** 34G (SAT 6G) / **CHOL** 59MG / **CARBS** 26G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 7G / **SODIUM** 455MG / **POTASSIUM** 740MG.

Beet Larb with Quinoa

ACTIVE: 45 min **TOTAL:** 45 min

Larb is a classic salad with roots in Laos and Thailand. It typically features seasoned ground meat and lots of herbs and vegetables. We swap red beets for meat and make it more substantial by serving it as part of a grain bowl. Spoon it over lettuce for a lighter take. (Photo page 75.)

- **3 tablespoons black rice**
- **¾ cup quinoa**
- **1½ cups water plus 2 tablespoons, divided**
- **¼ cup lime juice**
- **¼ cup chopped scallions**
- **2 tablespoons chopped fresh cilantro**
- **2 tablespoons fish sauce**
- **2 teaspoons light brown sugar**
- **½ teaspoon crushed red pepper**
- **2 tablespoons canola oil**
- **1 pound red beets, peeled and finely chopped (3 cups)**
- **1 cup shredded cabbage**
- **1 cup sliced cucumber**
- **1 cup fresh Thai basil *and/or* mint leaves**
- **½ cup julienned carrot**

1. Place rice in a large skillet over medium-low heat. Cook, stirring occasionally, until well-toasted and starting to pop, 5 to 8 minutes. Grind to a fine powder in a spice grinder or with a mortar and pestle. Set aside.

2. Combine quinoa and 1½ cups water in a medium saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork.

3. Meanwhile, combine the remaining 2 tablespoons water, lime juice, scallions, cilantro, fish sauce, brown sugar and crushed red pepper in a small bowl.

4. Heat oil in the skillet over medium-high heat. Add beets and cook, stirring, until almost tender, about 4 minutes. Add the ground rice and ½ cup of the sauce. Cook, stirring, until fragrant and the liquid is absorbed, about 2 minutes.

5. To serve, divide the quinoa among 4 bowls and top with the beet larb, cabbage, cucumber, herbs and carrot. Drizzle with the remaining sauce.

SERVES 4: 2 cups each

CAL 279 / **FAT** 10G (SAT 1G) / **CHOL** 0MG / **CARBS** 43G / **TOTAL SUGARS** 11G (ADDED 2G) / **PROTEIN** 8G / **FIBER** 7G / **SODIUM** 790MG / **POTASSIUM** 683MG.

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THE FLAVOR FARMERS

IN OREGON, A GROUP OF CHEFS, FARMERS AND RESEARCHERS HAVE TEAMED TOGETHER TO JOIN THE WORLD OF PLANT BREEDING ON ITS REAL, FARM-TO-TABLE TERMS. SAY, A TOMATO'S ABILITY TO SURVIVE A LONG-DISTANCE TRIP IN AN 18-WHEELER. BUT YET AIMING TO SOMETHING A WHOLE LOT TASTIER: DELICIOUSNESS

BY JANE BLACK

The habanero is the one of the spiciest chiles in the world—about 75 times as hot as the average jalapeño. So when Jim Myers plucked one out of a field and instructed me to take a bite I was a tad nervous. "Trust me," he said. And because Myers is a renowned plant breeder at Oregon State University, who for the last six years has been on a quest to develop a mild habanero, I did

I crunched into the red, crinkly pepper and tasted an explosion of pineapple and passion fruit, the habanero's tropical perfume that is usually lost in the tsunami of heat. I could immediately imagine ways it might become indispensable in my home kitchen: as a relish on a piece of grilled salmon or folded into coconut rice.

Myers's success is a boon for cooks, but also for the Culinary Breeding Network (CBN), a larger collaboration of plant breeders and seed companies who are putting flavor first and proving its value in the marketplace. If the idea that food should taste good sounds obvious, it's not. Though some celebrity chefs have taken up the cause—Blue Hill's Dan Barber famously worked with a Cornell University breeder to develop a new sweet squash called the honeynut—plant breeders for decades have focused almost exclusively on yield, uniformity and

FOOD PHOTOGRAPHY BY ERIC WOLFINGER
LOCATION PHOTOS BY SHAWN LINEHAN ~ ILLUSTRATIONS BY MELISSA GARDEN

SPINACH

The Organic Seed Alliance developed Abundant Bloomsdale, with its sweet taste and thick, deeply crinkled leaves that are slow to wilt. Grow this variety with seeds from the Hudson Valley Seed Company *(hudsonvalleyseed.com)*.

SPINACH SALAD WITH MORELS, BACON & BLUE CHEESE (P. 88)

shippability. Taste was an afterthought.

And yet, says Lane Selman, the CBN's founder, incorporating flavor into plant breeding is essential to address a wide range of pressing issues, including biodiversity and even human health: "If there are more options of flavorful vegetables, fruits and grains, people will be more likely to eat them rather than processed foods. And don't we all want better-tasting food that's good for us *and* the planet?"

Selman, a sprightly brunette with degrees in agronomy and entomology herself, is an indefatigable crusader for smarter, more thoughtful plant breeding. In 2010, she began working with seed breeder Frank Morton of Wild Garden Seed in the Willamette Valley to develop a replacement for the gypsy pepper, a hybrid that grew well for small organic farmers, but had been discontinued by seed companies. Because the seed was a hybrid it would not produce an offspring of the same variety. So Morton set out to create a similar pepper that would be "open-pollinated," meaning farmers could save and replant its seed and never be left in the lurch again.

Morton selected characteristics for a pepper that would withstand intense sunlight and ripen fast enough to accommodate Oregon's short summers. But Selman also wanted to select for taste. So she informally gathered a few chefs and asked them to rate the flavor and texture of nine varieties. That feedback was critical, but then something happened that even Selman didn't expect. The chefs started talking about other traits: thick walls for easy, even roasting; a flat top, rather than the concave one you find on a bell pepper, so less would be wasted. "That was when I said, 'Oh god, I want to have more of these conversations,'" Selman says. And so the Culinary Breeding Network was born.

It's true that in our golden age of farmers' markets, plant breeding is still much misunderstood. The process involves growing out a selection of plants with different characteristics and then crossing the ones with the most attractive traits to create new varieties. To be clear, this is not genetic modification, but a process used by farmers for 10,000 years. Breeders can select for any trait: flavor, color, texture, drought-resistance, early or late ripening, even nutrition. "Lane is bringing the conversation about seed breeding to everyone who eats," says John Hart, a vegetable breeder at Earthwork Seeds in Florida. "This is the next layer of learning about where your food comes from."

For CBN's next project, Myers's habaneros, chefs participated from the beginning. They favored varieties with a punch of passion fruit, and helped to select red or orange varieties with smooth, thick walls.

TOMATOES

Indigo tomatoes get their crazy color from anthocyanins, which can help keep your heart healthy. Get Indigo Rose slicers, pearl shaped and cherry sized varieties at markets or seeds from *johnnyseeds.com*.

BARLEY

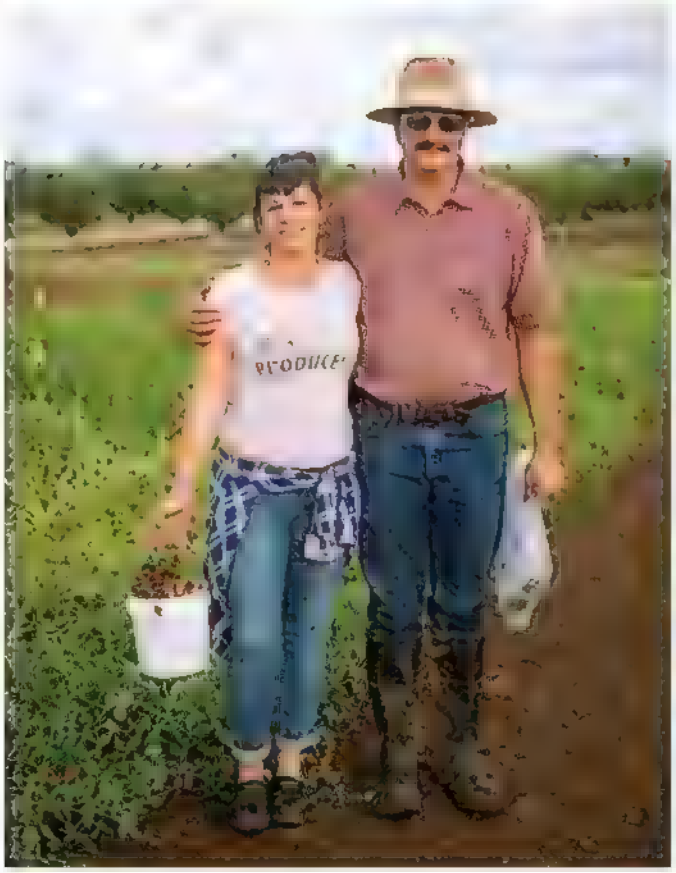
Most barley is "pearled" to scrape off the inedible hull (and sadly the valuable bran and germ). Oregon State has bred nutrient-rich grains with a hull that just falls off at harvest (try Bob's Red Mill Hull-less).

BEANS

Uprising Seeds adapts the world's best heirloom beans to grow in the Northwest. Find gems like creamy-textured Tuscan Sorana and speckled red-orange Rosso di Lucca at farmers' markets and *uprisingorganics.com*.

TOMATO SALAD WITH TARRAGON PESTO & PUMPERNICKEL CROUTONS (P. 89)

At the Culinary Breeding Network's Variety Showcase each fall in Portland, Oregon (and this year in New York City as well), Lane Selman joins researchers like Jim Myers *(both lower left)*, chefs and growers to show off their successes and taste-test new projects like these squash samples *(below)*. The events are open to the public. For more info: *culinarybreedingnetwork.com*



+ **DIPPITY-DO** Get the Lovage Pesto and Fa my Hummus recipes at eatingwell.com, webexra

LEMON-PEPPER LINGUINE WITH SQUASH, P. 89

SQUASH

The sweet, seedless flesh from the long curvy neck of the heirloom Italian Tromboncino squash will be easier for cooks to prep with a new straightneck variety being developed at Oregon State University. Look for seeds next spring.

"THIS IS THE NEXT LAYER OF LEARNING ABOUT WHERE YOUR FOOD COMES FROM."

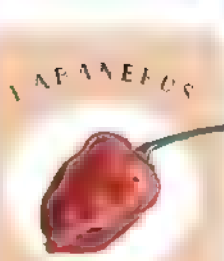
To gin up interest, they also experimented with intriguing ways to use the peppers. Nora Antene, the pastry chef at Tusk in Portland, used them to make a fruity, floral sorbet and a nectarine-habanero jam. Dev Patel, a chef who formerly worked with Dan Barber and is now the farm manager for Tom Douglas's Seattle restaurant empire, grew the peppers himself to test their hardiness in the drier climate of eastern Washington where the restaurant group has a farm and created a refreshing soda by steeping the mild habaneros in simple syrup with lemon and allspice.

The CBN has followed the same process for dozens of varieties. With Oregon State University breeders Pat Hayes and Brigid Meints, it has collaborated on a hull-less barley. Unlike most barley in which the nutrient-dense bran and germ is removed in the "pearling" process, this barley can be kept intact. That preserves micronutrients including zinc, iron and manganese. Adaptive Seeds, an organic seed breeder in Sweet Home, Oregon, developed a kale called Gulag Stars that is bred to make it easier to strip off the leaves, a timesaver in the kitchen. Perhaps most exciting is a new range of tomatoes. Almost black in color, they look like baby eggplants growing in the field. The color comes from anthocyanins, antioxidants that mop up free radicals and soothe inflammation. Currently, purple and blue foods make up only 3 percent of the average American's fruit and vegetable intake, so the new types, like the stunning black-on-the-outside, green-on-the-inside Indigo Kiwi tomato developed by Jim Myers, could help boost our anthocyanins intake.

These varieties and dozens of others were on display at CBN's fourth annual Variety Showcase, which attracted 500 chefs, breeders and food lovers. One chef served a tamale made with choclo corn, an ancient variety of Andean field corn being introduced to chefs by University of Wisconsin breeder Bill Tracy, while another made corn ice cream out of a sweeter Blue Eyed Blonde variety. Patel, the Seattle chef and farmer, served up his Habanada soda and crostini topped with a variety of long-necked squash, the tromboncino, that Jim Myers is working on. But what was most remarkable was how many attendees were neither chefs nor plant breeders. Just people who cared about good food.

"People know their farmers," Selman says. "But look behind him or her and there's another door. When you walk through it you find the wonderful, hidden world of seed."

JANE BLACK *is a food writer who covers politics, trends and sustainability issues. She works and lives in Washington, D.C.*



Cornell breeder Michael Mazourek's Habanada chile has been praised by chefs for delivering the intoxicating floral aroma typical of a habanero, without all the searing heat. Look for this and other new heatless habanero varieties at your farmers' market or snag some seeds from Dan Barber's new venture Row 7 Seeds (*row7seeds.com*).

HABANADA PEPPER SODA

ACTIVE: 15 min **TOTAL:** 4 hrs 20 min
TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 1 week.

Chef Dev Patel makes this cool soda with heatless habaneros that add a floral essence. Heat seekers can use regular habaneros for more of a thrill.

- **1 cup water**
- **½ cup sugar**
- **10–12 low-heat habaneros, such as Habanadas, *or* 5 habaneros**
- **1 lemon, peeled and juiced**
- **3 cups cold plain seltzer**

1. Boil water and sugar in a small saucepan just until the sugar dissolves. Remove from heat.
2. Wearing gloves if using a hot variety, halve peppers lengthwise and discard stem, seeds and membranes. Place the peppers in a medium heatproof bowl. Add lemon peel and stir in the simple syrup. Let cool, uncovered, about 1 hour. Cover and refrigerate until cold, about 3 hours.
3. To make the soda, strain the syrup into a pitcher. Stir in lemon juice and seltzer.

SERVES 4: 1 cup each

CAL 101 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 26G / **TOTAL SUGARS** 26G (ADDED 26G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 2MG / **POTASSIUM** 17MG

SPINACH SALAD WITH MORELS, BACON & BLUE CHEESE

ACTIVE: 40 min **TOTAL:** 40 min

If you can't find crinkly Abundant Bloomsdale spinach, go for any mature variety. (Photo: page 83.)

- **8 ounces fresh morels *or* 1 ounce dried**
- **1 pound baby potatoes, halved**
- **6 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon kosher salt plus ¼ teaspoon, divided**
- **1 pound asparagus, trimmed**
- **2 ounces bacon**
- **1 large clove garlic, minced**
- **1 tablespoon unsalted butter**
- **1 teaspoon lemon juice**
- **1 teaspoon reduced-sodium tamari**
- **2 tablespoons sherry vinegar**
- **2 teaspoons minced shallot**
- **1 teaspoon Dijon mustard**
- **¼ teaspoon ground pepper**
- **8 cups Abundant Bloomsdale *or* other mature spinach leaves, torn into large pieces**
- **½ cup crumbled blue cheese**

1. Position racks in upper and lower thirds of oven; preheat to 425°F.
2. If using fresh morels, cut in half and briefly swish in a bowl of warm water. Drain and repeat to remove any dirt. Gently but thoroughly pat dry. (If using dried morels, soak in 2 cups boiling water for 20 minutes. Drain, halve and pat dry.)
3. Toss potatoes with 1 tablespoon oil and ⅛ teaspoon salt. Roast on a baking sheet on the upper rack, shaking the pan after 10 minutes, until tender, 15 to 20 minutes. Toss asparagus with 1 tablespoon oil and arrange in a single layer on another baking sheet. Roast on the lower rack until tender, 8 to 10 minutes.
4. Cut bacon crosswise into ¼-inch-thick strips. Cook in a medium skillet over medium heat, stirring often, until crisp and browned, 3 to 5 minutes. Transfer with a slotted spoon to a paper-towel-lined plate.
5. Add the morels to the pan. Cook, stirring, until browned, about 2 minutes. Add garlic and cook, stirring, for 30 seconds. Remove from heat and stir in butter, lemon juice and tamari.
6. Whisk the remaining 4 tablespoons oil, vinegar, shallot, mustard, pepper and the remaining ¼ teaspoon salt in a large bowl. Reserve 2 tablespoons of the dressing. Add spinach and the morels; toss gently to combine. Arrange the spinach mixture, potatoes and asparagus on a platter. Top with the bacon and blue cheese and drizzle with the reserved dressing.

SERVES 6: 2 cups each

CAL 280 / **FAT** 20G (SAT 5G) / **CHOL** 14MG / **CARBS** 20G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 4G / **SODIUM** 354MG / **POTASSIUM** 738MG.

FARRO SALAD WITH SUGAR SNAP PEAS, BABY BOK CHOY & GREEN ROMESCO DRESSING

ACTIVE: 55 min **TOTAL:** 55 min
TO MAKE AHEAD: Refrigerate romesco (Step 3) for up to 1 day.

For this veg-packed grain salad you can use most types of farro—hulled, pearled (which will cook the quickest) or the so-called hull-less type developed by the Culinary Breeding Network. Find hull-less from Bob's Red Mill. (Photo: page 84.)

- **2 cups water**
- **¾ cup hull-less *or* hulled farro**
- **5 poblano peppers (about 1 pound total)**
- **½ cup extra-virgin olive oil, divided**
- **6 tablespoons slivered almonds, toasted**
- **¼ cup sherry vinegar**
- **2 teaspoons honey**
- **1 small clove garlic**
- **1 teaspoon kosher salt**
- **½ teaspoon hot paprika**
- **½ teaspoon ground pepper**
- **4 small baby bok choy (about 12 ounces total), halved lengthwise**
- **3 cups sugar snap peas, trimmed**
- **½ cup thinly sliced red onion**
- **½ cup lightly packed fresh mint, thinly sliced**
- **5 small radishes, trimmed and thinly sliced**

1. Combine water and farro in a heavy medium saucepan. Bring to a boil. Reduce heat, cover and simmer until tender and most of the liquid

Frank Morton of Wild Garden Seed in Philomath, Oregon, shows visitors his line of peppers, including the Stocky Red Roaster, which he developed while working with the Culinary Breeding Network and now grows for its seeds.

has been absorbed, 40 to 50 minutes. Drain, if necessary, and transfer to a large bowl.

2. Meanwhile, position rack in upper third of oven; preheat broiler to high.

3. Broil peppers on a baking sheet, turning occasionally, until blackened and blistered, 8 to 12 minutes total. Transfer to a large bowl, cover with plastic wrap and let steam for 10 minutes. Remove and discard skins, cores and seeds. Transfer the peppers to a food processor. Add 7 tablespoons oil, almonds, vinegar, honey, garlic, salt, paprika and pepper; process until pureed.

4. Place bok choy on the baking sheet, cut-side up. Brush with the remaining 1 tablespoon oil. Broil until starting to brown in spots, 5 to 8 minutes. Add to the barley, along with peas, onion, mint and the romesco sauce; stir to combine. Arrange on a platter and serve topped with radishes.

SERVES 8: 1 cup each

CAL 256 / **FAT** 17G (SAT 2G) / **CHOL** 0MG / **CARBS** 22G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 5G / **FIBER** 6G / **SODIUM** 263MG / **POTASSIUM** 362MG.

BEAN SALAD WITH CHARRED LEMONS

ACTIVE: 15 min **TOTAL:** 30 min

Different colors, sizes and shapes of beans make this salad special. Companies like Rancho Gordo sell funky varieties like the pale yellow Mayocoba and the tiny but tasty Eye of the Goat. But any bean that interests you, even canned, will work in this dish. If you do go with dry beans and want a quick refresher for cooking them, go to eatingwell.com/webextra. (Photo page 84.)

- **1 lemon, halved and very thinly sliced**
- **7 tablespoons extra-virgin olive oil, divided**
- **3 tablespoons lemon juice**
- **2 teaspoons sugar**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **3 cups mixed cooked beans**
- **¾ cup crumbled feta cheese**
- **1 ripe avocado, thinly sliced**
- **8 cups Bibb *or* butter lettuce, torn if large**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.

2. Place lemon slices on the baking sheet. Drizzle with 1 tablespoon oil. Roast until golden brown and crisp in spots, about 20 minutes.

3. Meanwhile, whisk the remaining oil, lemon juice, sugar, salt and pepper in a large bowl. Add beans, feta and avocado. Toss to combine.

4. Just before serving, add lettuce and toss to coat. Top with the lemons and serve immediately.

SERVES 8: 1 cup each

CAL 280 / **FAT** 20G (SAT 4G) / **CHOL** 13MG / **CARBS** 19G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 9G / **FIBER** 8G / **SODIUM** 367MG / **POTASSIUM** 508MG

TOMATO SALAD WITH TARRAGON PESTO & PUMPERNICKEL CROUTONS

ACTIVE: 35 min **TOTAL:** 1½ hrs

With this salad, more is more—so if you want, go wild with an outrageous selection of tomatoes. Look for big gnarly tomatoes, plum-shaped varieties, smooth or peach-fuzzed skins, zebra stripes, not to mention all the miniatures at the farmers' market. And all the visual variation means you'll get a range of flavors as well. Have fun! (Photo page 85.)

- **2 pounds indigo *and/or* other heirloom tomatoes, cut into bite-size pieces**
- **½ cup extra-virgin olive oil, divided**
- **¾ teaspoon sugar**
- **¾ teaspoon kosher salt, divided**
- **¾ teaspoon ground pepper, divided**
- **4 cups cubed pumpernickel bread (½-inch)**
- **1½ cups packed fresh tarragon**
- **½ cup packed fresh basil**
- **½ cup finely grated Parmesan cheese**
- **3 tablespoons toasted blanched hazelnuts**
- **1 small clove garlic**
- **6 cups watercress**

1. Preheat oven to 425°F.

2. Toss tomatoes, 2 tablespoons oil, sugar, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Let stand for 1 hour, stirring occasionally.

3. Meanwhile, toss bread with 1 tablespoon oil and ¼ teaspoon pepper on a rimmed baking sheet. Bake until browned on the edges, 8 to 10 minutes.

4. Combine tarragon, basil, Parmesan, hazelnuts, garlic and the remaining ¼ teaspoon each salt and pepper in a food processor. Pulse until coarsely chopped. Add the remaining 5 tablespoons oil and pulse until just combined, with a rough texture.

5. Gently stir the pesto and croutons into the tomatoes. Serve the tomato salad with watercress.

SERVES 8: about 1 cup each

CAL 233 / **FAT** 18G (SAT 3G) / **CHOL** 3MG / **CARBS** 15G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 353MG / **POTASSIUM** 483MG

LEMON PEPPER LINGUINE WITH SQUASH

ACTIVE: 30 min **TOTAL:** 30 min

The Tromboncino that inspired this dish is actually a winter squash that becomes kind of watery and meh-tasting when it matures, so it's usually picked immature. Zucchini or other summer squash can be swapped for it. (Photo page 87.)

- **1 pound whole-wheat spaghetti**
- **3 tablespoons extra-virgin olive oil**
- **2 tablespoons unsalted butter**
- **1½ tablespoons black peppercorns, coarsely ground**
- **1 pound thin zucchini, trimmed and very thinly sliced lengthwise**
- **8 ounces thin yellow squash, trimmed and very thinly sliced lengthwise**
- **1 teaspoon kosher salt**
- **1 cup packed soft fresh herbs, such as dill, parsley, chives *and/or* basil, coarsely chopped**
- **½ cup finely grated Cacio de Roma *or* Manchego cheese, plus more for serving**
- **2 tablespoons lemon zest**
- **3 tablespoons lemon juice**

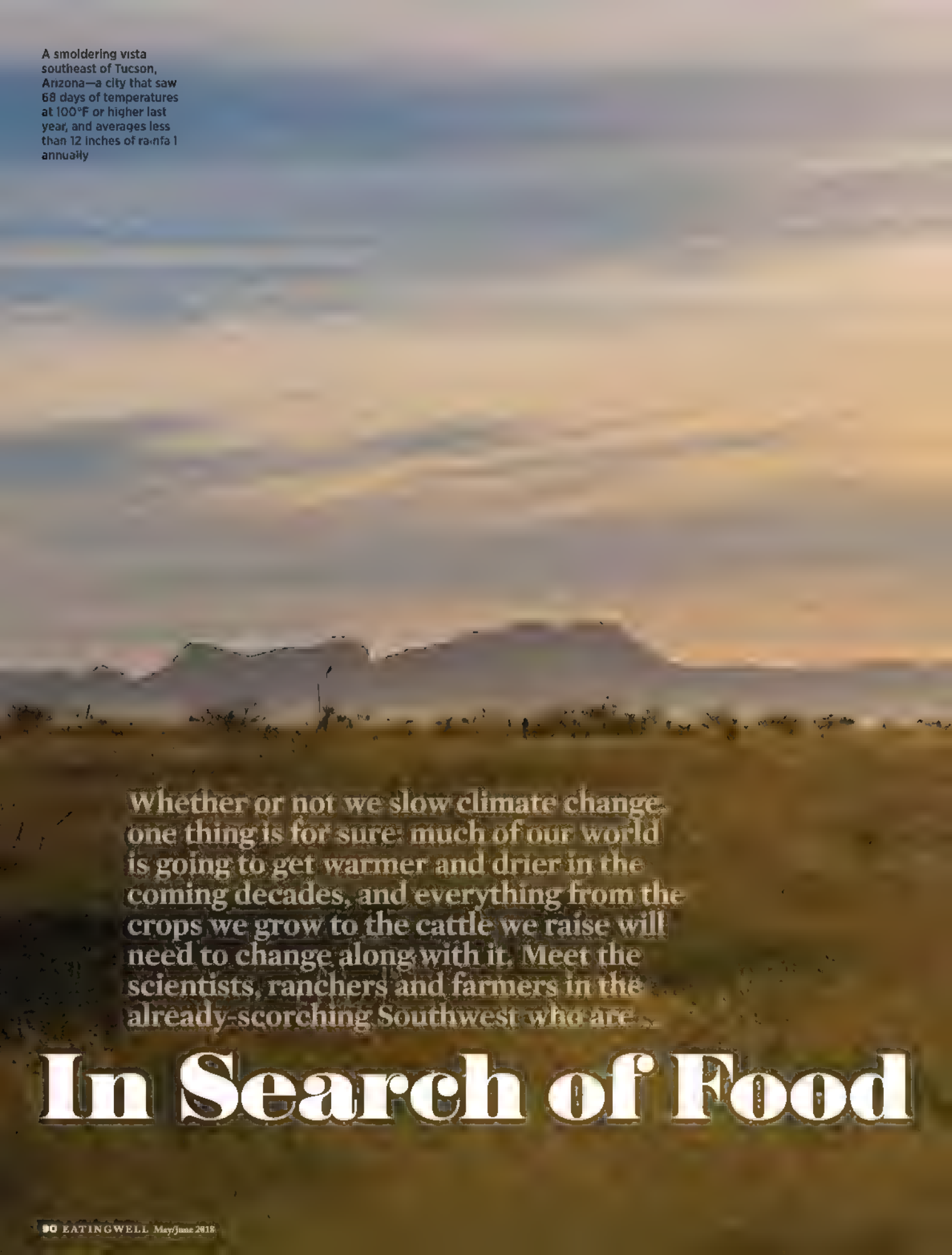
1. Bring a large pot of water to a boil over high heat. Add spaghetti and cook for 2 minutes less than the package directions. Reserve ¾ cup of the cooking water, then drain. Return the pasta to the pot.

2. Meanwhile, heat oil and butter in a large skillet over medium-high heat. Add pepper and cook, stirring until fragrant, about 30 seconds. Add zucchini, squash and salt. Cook, gently stirring occasionally, until just softened, 3 to 4 minutes.

3. Transfer the zucchini and squash to the pot with the pasta. Add the reserved pasta water, herbs, cheese, lemon zest and juice. Stir gently to combine. Serve with more cheese, if desired.

SERVES 8: 1½ cups each

CAL 316 / **FAT** 12G (SAT 4G) / **CHOL** 13MG / **CARBS** 46G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 7G / **SODIUM** 286MG / **POTASSIUM** 515MG.



A smoldering vista southeast of Tucson, Arizona—a city that saw 68 days of temperatures at 100°F or higher last year, and averages less than 12 inches of rainfall annually

Whether or not we slow climate change, one thing is for sure: much of our world is going to get warmer and drier in the coming decades, and everything from the crops we grow to the cattle we raise will need to change along with it. Meet the scientists, ranchers and farmers in the already-scorching Southwest who are ...

In Search of Food

for a Hot World

By Rowan Jacobsen

PHOTOGRAPHY BY RUSS SCHLEIPMAN

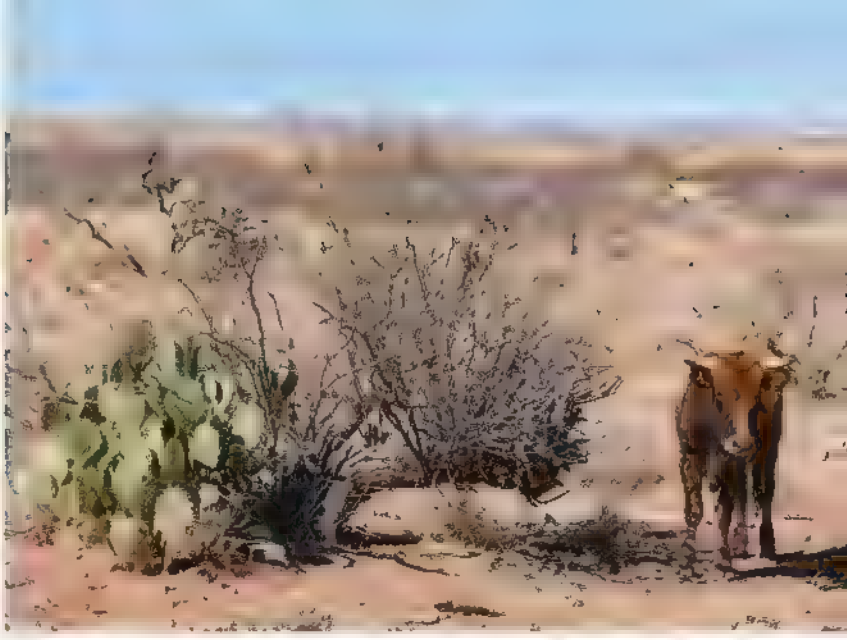
Gary Paul Nabhan teetered on a hunk of volcanic rock on Tumamoc Hill, the University of Arizona's century-old Desert Laboratory, high above the city of Tucson, and pointed down through a forest of saguaro cactus at some lines of reddish stone hugging the hillside. "See that?" he asked me. "See what?" I said, squinting into the distance. "Terraces! This whole hill is terraced," he said. "One of the missions of the Desert Lab was to find evidence of ancient food cultivation, and for the longest time they couldn't see what was right under their noses."

During his decades of fieldwork, Nabhan *(inset, left)* has spotted these terraces all across the region, along with the plant that still accompanies them: agave, the spiky succulent from which mezcal and tequila are made. With a juicy heart rich in carbohydrates, agave has been harvested throughout the Southwest as an important food source for at least 8,000 years. The native peoples terraced the hillsides to capture the sparse rainwater, and edged them in agave, whose deep roots held them together. You can still find the descendants of those agaves lining the edges of these old, crumbling terraces. But few modern-day folks ever noticed, because we don't think of the agave plant as food.

And that is Nabhan's point. "If we're going to start adapting our food production in this region to the changing climate," he told me, "we're going to have to start thinking outside of the box." Not just about the plants we grow, but how we grow them in our ever-warming world.

That's something the 66-year-old Nabhan has been doing his whole life. He came to Arizona as a young ethnobotanist in the 1970s and never left, celebrating the state's overlooked cultures and foodways in books such as *Gathering the Desert, Forgotten Pollinators, Coming Home to Eat* and *Chasing Chiles*. Along the way, he won a MacArthur Fellowship, founded Native Seeds/SEARCH, which preserves and promotes the indigenous food plants of the Southwest, and

NSE PHOTO: B.L. STEEN



Dennis Moroney *(left)* gives a tour of his 25,000-acre ranch. To the untrained eye, it may look like nothing more than sweltering scrubland, but to his herd of Criollo cattle *(above)* it looks irresistible. The special breed of cow has adapted to eat cacti and other desert plants and to withstand the Arizona heat.

started the Center for Regional Food Studies at the University of Arizona. Through it all, Nabhan has argued that the wisdom of ancient people farming with limited means might again prove useful.

It's Too Darn Hot

That time is now. For a century, the Southwest has been an agricultural powerhouse, transforming its abundant sunshine into abundant food with the help of irrigation. The federal government's massive dam projects of the 20th century, such as the Hoover and Glen Canyon dams, diverted the Colorado River's water to the booming cities and farms of the Southwest, which enabled production of most of our winter veggies, from kale to kohlrabi. But a megadrought that began in 2000 reduced the Colorado's flow to a fraction of what it used to be. Lake Mead, the biggest reservoir on the river, reached its all-time low in 2016, and farmers across the region have been warned to prepare for shortages. The problem isn't simply lack of precipitation. "At least half the drought we're experiencing is due to increased temperature, not diminished rainfall," explained Jonathan Overpeck, Ph.D., who shared a Nobel Prize for his work as lead author of the Intergovernmental Panel on Climate Change's climate assessment.

Nobody has looked more closely at the effects of climate change on the Southwest than Overpeck has. And he doesn't sugarcoat the facts: "It's gonna get hotter," he told me. "That's something we know with great confidence." And when it gets hotter, plants burn through their water supplies faster, which means that even if there is normal precipitation in the future, it may not be enough to sustain the crops grown here.

That's alarming in a place that already experiences more than 60 days a year of 100-plus-degree weather. And it's not just a problem in the Southwest. Drought and record temperatures have recently scorched everywhere from California to the nation's breadbasket. Overpeck calls this the "Southwesternization of the United States," a phrase that should give chills to anyone who's ever gotten misty-eyed at the sight of an amber wave of grain, an orchard studded with Honeycrisps or a green pasture speckled with happy Holsteins. Even farmers in places like the Midwest and the Northeast, which have abundant rainfall, are starting to irrigate. "It blows your mind," Overpeck said. "Michigan. New York. Places that shouldn't need to do it. Because they're warmer now, the crops really get affected." *(See "10 Foods Threatened by Climate Change," page 96, for more on just how deep this problem goes.)*

In fact, the science predicts that for every 1°C of warming, corn yields in the Midwest fall by 6 percent. And that means by 2050, we will see a decrease in yield of around 15 percent. By 2100, we could be facing a reduction of 50 percent if serious steps aren't taken to mitigate climate change. Wheat and rice, which along with corn provide more than half of the world's calories, will be similarly affected. Equally troubling: agricultural

I saw a sun-parched plain scattered with cactus, agave and mesquite. I saw nothing edible. This was the future of farming? It looked more like the future of famine.

yields *overall* in the U.S. are expected to drop by up to 6 percent for each 1°C uptick. With average temperatures projected to rise 3°C by the end of the century (by conservative estimates) that translates to a nearly 20 percent decrease in crop yields. Livestock and poultry production will also take a serious hit, not just from having less feed, but also due to heat stress, which lengthens the time it takes for animals to get to slaughter weight and can cause fertility problems. Dairy yields are predicted to plummet by as much as 30 percent, as well, because heat and humidity negatively affect milk production.

Even the USDA, about as nonalarmist a source as you could find, is sounding the alarm. In a major 2015 report titled "Climate Change, Global Food Security and the U.S. Food System," it warned that higher temperatures will dry out soil, stress plants and animals, and make water management difficult. "As climate change continues and temperature increases of 1–3°C are coupled with changes in precipitation timing and intensity, yields and farm returns are projected to decline," it said. Plants wilt. Animals don't thrive. Precipitation comes as damaging storms and flash floods—that erode soil and destroy crops—instead of snowpack that slowly trickles out of the mountains throughout the growing season.

It all sounds pretty terrifying, but Nabhan sees opportunity. "We have so many tools to work with here," he told me. He explained that a nexus of innovators were already reinventing food production in the Southwest. To do so, they're throwing out the bad lessons of the 20th century, learned when temperatures were stable and water was cheap and plentiful, and embracing ideas from both the future and the distant past. Then he asked me if I'd like to meet some of them.

From the heights of Tumamoc Hill, I gazed across the Sonoran Desert to a ribbon of highway rising toward tawny peaks in the distance. "You mean like a desert road trip?" I asked hopefully.

Exactly, he said. It may look barren, but out there is where we'd find the real iconoclasts—farmers who were making the desert bloom in unexpected ways. Nabhan tempted me with tales of tender, cactus-fed beef and the best bread I'd ever eat. "What we'll be seeing is a living laboratory for innovation," he said. "Some of these ideas may never get wind in their sails, but the few that make it will have enormous impact, not just in desert areas, but in temperate zones too." In other words, what's happening in the Southwest may be a preview of the feverish future in store for all of us. All the more reason to take a close look at this "living laboratory" of the borderlands.

And so we set out through the sagebrush and tumbleweeds to meet the future of farming, to discover some new ideas and some very old ones.

Visiting the Living Lab

East of Tucson, we drove through the golden, windswept grasslands of Arizona's Sky Islands. We dropped south into the blackened creosote plains of the Chihuahua Desert, rolled through Tombstone, ignoring the O.K. Corral attractions lining the road, then drove miles down a lonely road until we pulled up at the off-the-grid adobe ranch house of Dennis and Deb Moroney. I stared from the house to the Mule Mountains in the distance and wondered if Nabhan had lost his mind. I saw a sun-parched plain scattered with cactus, agave and mesquite. I saw nothing edible. This was the future of farming? It looked more like the future of famine.

A trim man sporting a cowboy hat, a luxuriant white beard and piercing blue eyes stepped off the porch and greeted us warmly. This was Dennis Moroney, and I soon learned that he viewed that landscape very differently than I did, mostly because he saw it through the eyes of his Criollo cattle, who found the desert thoroughly delicious.

Most ranchers in the West raise Black Angus and Hereford—British breeds that are designed to live in a land of abundant rain and endless grass. They eat heartily and bulk

At St. Anthony's monastery in Florence, Arizona, lemon groves flourish in even the driest environments thanks to drip irrigation, which is up to 95 percent more efficient than conventional watering methods. *Below left:* Brother Minas prunes grapevines for the wines produced at the monastery.

up quickly, but they aren't made for deserts. They're too heavy and stocky to range widely, so they hang out in the easy lowlands and graze on any grasses they find, leaving those areas barren. After that, ranchers have to buy feed, which greatly raises the carbon footprint as well as costs.

Moroney wasn't interested in being a part of that system. "We want our place to be a model of sustainable, bioregionally appropriate agriculture," he told us as we walked his dry pastures. With his beard and philosophical demeanor, he reminded me of a lean and clean version of The Dude from *The Big Lebowski*, and he was prone to the occasional Dudeism of his own. "You can fight the landscape, or you can adjust your system to live with it," he said. "Sometimes going backwards is making progress."

The Moroneys' key adjustment was discovering Criollo, a breed of cattle that were a perfect fit for the landscape. Criollo are tough. They were brought to Mexico by the Spanish in the 1500s and had already adapted to an arid environment in Spain. But left to forage for themselves in the harsh environments of northern Mexico, they got even tougher—and smarter. Instead of grazing in the heat of the day, Criollo learned to shelter under trees and even feed at night on the hottest days. They also became connoisseurs of mesquite and other desert plants. "We've seen these guys eat things that a conventional cow won't even look at," Moroney told me. "They'll reach inside a cholla cactus and lick the buds off. They'll eat prickly pear in the wintertime. They utilize a phenomenal number of plants." The Criollo can venture farther from water sources and browse

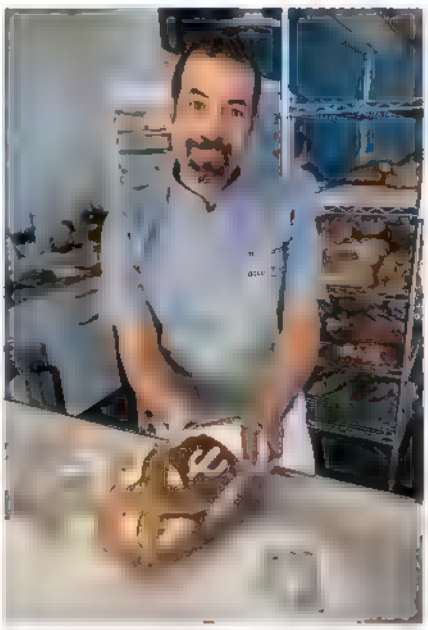
more widely than conventional cattle, as well. "They're really good about using a big piece of country," Moroney explained. "The difference is amazing. We find the Criollo bedded down on the tops of ridges."

Because Criollo have horns and other qualities that make them unsuitable for feedlots, the Moroneys decided to go direct, selling their cactus-fed beef at farmers' markets and to a butcher who supplies around 20 high-end eateries in the Tucson area. In just a few years, they have developed a tremendous following for the tender, marbled meat and the profits have helped enable them to pay off their entire ranch.

When I asked Moroney the secret of his success, he said "right-brain thinking." Instead of the industrial version of agriculture, which calculates inputs and outputs, his solution was long and careful observation of the land. "You have to get into a poetic frame of mind to really be one with this landscape."

That poetic mindset is what helped Moroney see the other big opportunity in the desert. Over a lunch of Deb's rich, spicy chile-and-mutton stew, made from the same hardy Navajo-Churro sheep that she uses to create stunning hand-spun yarns, Dennis gestured toward their rangeland and talked about its bounty. But all I could see was agave.

Bingo, said Dennis. "We literally have millions of them out there." Nabhan nodded knowingly. Mexico never stopped thinking of agave as a crop, building it into a billion-dollar industry in some of the most inhospitable land imaginable. Now a new generation of Arizonans is contemplating the same thing. Each of those agaves on the Moroneys' ranch has enough sugar in its core to make several bottles of mezcal. Dennis and a few other would-be *mezcaleros* in Arizona think agave could be the most sustainable of all desert crops. They harvest the hearts in spring, roast them in mesquite-coal pits for 30 hours, then double-distill the syrup into a drink with all the smoke and fire of a small-batch Oaxacan mezcal. "So far we've just been making enough for our own internal needs," Dennis said, stroking his white beard contentedly. But with Arizona's recent loosening of restrictions on commercial distilling, expect the succulent spirits of the Grand Canyon State to come alive.



Tepary beans *(top)* are extremely drought-resistant, as is the white Sonora wheat baked into this gorgeous loaf of bread by Don Guerra of Barrio Bread in Tucson.

Planting Hardier Crops

We pulled out of the Moroneys' ranch gnawing on homemade jerky and headed for the Tohono O'odham Reservation, where Nabhan had told me I could score some tepary beans and white Sonora wheat, two ancient O'odham crops. If the best answer to thriving on a drier planet is turning to the plants that were doing it long before modern agriculture came along, I figured the O'odham, who have lived in the Sonoran Desert for millennia, might be pretty good guides.

The O'odham reservation covers a vast stretch of desert between Tucson and the Mexican border. In the center of it sits the San Xavier Mission, a white stucco masterpiece built by O'odham laborers in the late 1700s and known as the Sistine Chapel of the New World for the stunning frescoes that line its walls and ceiling. Just down the street is the San Xavier Co-op, a tiny, nondescript trailer. Expecting little, I stepped inside and walked into a world of native foods. There were gourds and dried cholla buds and things I couldn't identify. A brief treasure hunt led me to bags of tepary beans and white Sonora wheat flour. I scooped them up, hoping to lean on Nabhan's culinary expertise back at

10 Foods Threatened by Climate Change

We'll still be able to cultivate food on a hot planet, but certain ones are particularly vulnerable. Here are some favorites we're in danger of losing or may be forced to relocate to new, more hospitable climates.

Coffee As the tropics get warmer, coffee bushes become less productive and more susceptible to disease. By 2050, an estimated 50 percent of current coffee-producing land could be unusable.

Chocolate Cacao trees can take the heat, but they don't like the dryness that comes along with it. Some chocolate hot spots, like Indonesia and western Africa, are already seeing declines in yield.

Oysters As carbon dioxide levels rise in the atmosphere, more gets absorbed by the oceans, which become increasingly acidic. That acid dissolves the calcium-based shells of bivalves like oysters.

Apples Many apple varieties require a certain number of days of winter chill to produce fruit the following year. In the Northeast alone there are now 8 more frost-free days annually than a century ago.

Corn Yields of our most productive crop are already declining because of the freakishly hot summers of late. That trend will continue. By century's end, production could drop by up to 50 percent.

Beans Other than a few desert stalwarts like the tepary, most varieties of beans hate heat. As global temperatures continue to rise, we could lose 50 percent of conventional bean crops by midcentury.

Maple Syrup Sugar maple trees grow primarily in the Northeast, which by 2100 could have a climate similar to North Carolina's. The maples would have to move farther north for optimal sap production.

Almonds California's almond crops (annually a $4 billion industry) survived the recent drought by pumping in groundwater, but if it recurs, expect almonds to get rarer—and much more expensive.

Lobster Lobsters like cold water. And over the past few decades, their population has migrated northward. That's been great news for Maine lobstermen, but by 2100, the Gulf of Maine may be too warm for them.

Wine Too much heat for too long destroys the acidity of grapes. The resulting wine tastes "cooked." By the end of the century, many celebrated regions, such as Napa Valley, may be too hot to make great wine.

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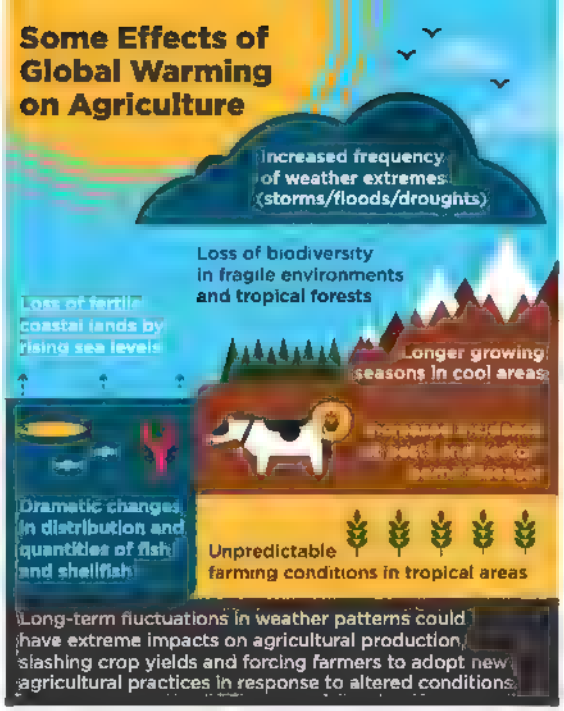
Some Effects of Global Warming on Agriculture
Increased frequency of weather extremes (storms/floods/droughts)
Loss of biodiversity in fragile environments and tropical forests
Loss of fertile coastal lands by rising sea levels
Longer growing seasons in cool areas
Dramatic changes in distribution and quantities of fish and shellfish
Unpredictable farming conditions in tropical areas
Long-term fluctuations in weather patterns could have extreme impacts on agricultural production, slashing crop yields and forcing farmers to adopt new agricultural practices in response to altered conditions.

his house later that week.

The tepary is one tough little hombre. It resembles a pinto bean, but the tepary is like the pinto's survivalist cousin. It's one of the most drought-tolerant crops in the world, keeping its cool in temperatures as high as 114°F. Its leaves track the sun like little solar panels, but in the heat of midday they fold up to protect themselves. It also waits to germinate until the first summer monsoons hit—a common strategy for desert plants—and then it grows fast before things can dry out too much. A tepary is ready to harvest in 60 days, while most beans need twice as long. Although the Tohono O'odham never lost their taste for these deliciously earthy beans, now researchers and breeders around the world are embracing them as a hedge against food insecurity

White Sonora wheat hasn't gone global yet, but it's one of Nabhan's great passions. Missionaries brought it to northern Mexico in the 1600s, and for the locals, who knew only corn tortillas, it was love at first sight. With the sturdier flour, they could make larger and larger tortillas that held together like magic. The burrito was born.

The drought-tolerant white Sonora powered local mills across the Southwest until the 1970s, when wheat production consolidated around higher-yielding modern varieties that did best in the wetter, cooler High Plains. The local mills disappeared, and white Sonora with them. But a handful of farmers in northern Mexico kept the variety alive, and a few years ago Nabhan got his hands on some seed and spread the word about its impressive qualities. "It's a nice, soft, low-gluten wheat with this incredibly delicious, sweet, nutty, almost creamy flavor," he said. "I just love it."

Nabhan isn't alone. Heritage-grain pioneer Glenn Roberts of Anson Mills proclaimed it one of the best cake flours in America, and James Beard Award-winning chef Chris Bianco made it famous at his Phoenix restaurant Pizzeria Bianco. Today, white Sonora has again become a distinctive piece of Southwest cuisine, thanks to the growing network of farmers and bakers who have embraced it.

Northwest of the Tohono O'odham Reservation sits a surreal forest of 12-foot-high saguaro and ocotillo. We drove through it for hours until suddenly the cactus forest opened onto a mirage-like oasis: a medieval edifice rising from the bleached earth, surrounded by lush groves. Black-robed figures glided between the buildings and gardens. I blinked in disbelief. It felt like something out of *The Arabian Nights*, but this was St. Anthony's Greek Orthodox Monastery, a little piece of the Mediterranean plunked down in the desert. Brother Minas greeted Nabhan with a bow and walked us through acres of olives, citrus and wine grapes flourishing on little more than drip irrigation and prayer. "Don't grow what you want to eat," he thundered at us, robes rippling in the wind. "Eat what you can grow!"

Drip irrigation delivers water directly to a plant's roots through small plastic tubes. It loses nothing to evaporation and can cut a farmer's water use in half while at the same time raising yields. The method has taken off across the desert Southwest, but

How Your Food Choices Can Help Climate Change

As scary as the global warming stats may sound, there are simple things you can do to lower your greenhouse-gas emissions—protecting the planet and our future food supply. *Julia Westbrook*

Use Your Bean

You don't need to go whole-hog vegetarian. (Yep, we just made that joke.) But making beans your go-to protein even occasionally can greatly reduce greenhouse gases. According to research published in the journal *Climate Change*, if every American swapped in beans for conventionally raised meat once a week for a year, it would keep 75.3 million metric tons of CO_2 out of the atmosphere. **The impact:** Equivalent to taking 16 million cars off the road annually.

Be a Composter

Chucking perfectly good food doesn't just waste money, it also increases your carbon footprint. About 18 percent of all U.S. methane emissions—a powerful greenhouse gas—comes from food waste rotting in landfills. Composting is a much better option. If Americans composted all of their food waste (250 pounds per person annually!), it would save 24.3 million metric tons of greenhouse gas from being emitted. **The impact:** Equivalent to taking 5.2 million cars off the road annually.

Fill a Water Bottle

The average American guzzles 39 gallons of the store-bought stuff each year (equal to 312 16-ounce bottles per person!). The resources used to make just one plastic water bottle—from beginning to delivery to disposal—release 0.27 kg of CO_2. If everyone gave up just half the number of bottles we currently plow through, it would save 9,504,000 metric tons of CO_2 a year, according to University of Michigan researchers. **The impact:** Equivalent to taking 2 million cars off the road annually

Eat Organic

A Spanish study found that organically grown crops like wheat and veggies have lower carbon footprints than their conventional counterparts—largely because they require fewer resources, such as fertilizers. And soil from organic farms sequesters more carbon from the air. If all Americans ate 2½ cups of organic veggies a day instead of conventional ones, we'd reduce carbon dioxide emissions by 3.3 million metric tons a year. **The impact:** Equivalent to taking 710,000 cars off the road annually.

Garden Your Yard

It takes 846 million gallons of gas to mow the 40.5 million acres of lawn in the U.S. While grass can help sequester carbon, mowing and fertilization dramatically reduce its capacity to do this. A better idea: convert some of your yard to garden. *(See Tastemakers on page 112.)* Simply converting 10 percent of yards to mulched garden saves 752,000 metric tons of CO_2, according to Australian researchers. **The impact:** Equivalent to taking 161,000 cars off the road annually

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3 More Inventive Farming Techniques

The Southwest is a proving ground of ag innovations. Gary Nabhan finds these particularly promising.

Agrivoltaics The partial shade provided by solar panels is ideal for crops, such as chiles and herbs, shielding them from the midday sun and keeping them a little warmer during the cold desert nights. The concept, known as agrivoltaics, is the brainchild of Greg Barron-Gafford, a researcher at the University of Arizona's Institute of the Environment, who is helping high schools throughout Tucson install agrivoltaic gardens.

Ollas Long before the invention of modern drip-irrigation technology, Mexican farmers were doing essentially the same thing using ollas, simple unglazed clay pots. You bury the bulbed end of the olla in the ground with just the top sticking out, and plant your veggies around each one. The ollas are then filled with water, which slowly seeps out through the pots' clay pores. You can grow tons of crops this way with literally cupfuls of water. Nabhan and others have now popularized the use of ollas throughout the Southwest.

Rainwater Harvesting Like ollas, this is another low-tech idea that involves collecting rainwater from rooftops or roadway runoff. In Tucson's Dunbar/Spring neighborhood, six residential blocks have been transformed by Nabhan's friend Brad Lancaster, America's most outspoken rainwater harvester. He collects every drop of water that falls on his property for landscaping, showering and drinking, and he's helped many of his neighbors to follow suit. They've even chiseled out gaps in their curbs so that water normally channeled into storm drains now feeds an oasis of olive, fig, citrus and pomegranate trees.

Greg Barron-Gafford inspects peppers protected from the heat by solar panels. *Below left:* An olla made from two pots fused together irrigates cilantro with tiny amounts of water.

St. Anthony's stands out for its sheer scale and lushness despite soil conditions that are particularly inhospitable. Worldwide, drip is being used for everything from rice to tomatoes. Just 20 percent of U.S. farms currently use it, but that number is rising fast. Thanks to the recent drought, about 80 percent of California's almond growers have converted to drip. As water becomes increasingly scarce, expect the rest of the country to follow suit.

Looking Back, Moving Forward

After several days on the road, we were excited to settle into Nabhan's house, high in the Arizona hills, in part because we had all the makings for a unique feast. In the light of an orange sunset, we ladled beds of earthy tepary beans onto our plates and topped them with slabs of beef from the Moroneys. I drizzled peppery olive oil from St. Anthony's onto slices of white Sonora bread and greens from Nabhan's greenhouse. The monastery had blessed us with the largest lemon ever grown, and that got squeezed over everything. In our glasses, a little local mezcal.

Nabhan knows farms in the Midwest or Northeast can't solve their problems with agave and olive trees. That's not his point. "The suite of plants might not be applicable to other places," he allowed as he spooned more beans onto our plates, "but the ideology is." Like Dennis Moroney said: Get to know your land. Figure out what it wants to do and how you can help it. "Innovation occurs on the margins," Nabhan continued. "You start with small experiments in improbable places. Those are the disruptive technologies that may get us through when the conventional ones stop working. They may seem insignificant now, but when the crisis really hits, they're going to be in such demand."

The world is changing. We know the future climate is going to be more extreme than the past, and more challenging. But everything I'd seen in Arizona showed me that no matter how Southwesternized the rest of the country becomes, it could still be a beautiful, vibrant place to live and to eat if we continue to put innovative minds on it.

Nabhan and I filled our plates once more and toasted the purple desert sky. What struck me about every single ingredient of our meal was that it had been farmed mindfully. It had been grown by people who paid attention and didn't do things just because that's how they'd always been done. That's a trait America's farmers were once famous for, and it's one we're rediscovering just in time.

ROWAN JACOBSEN *is the author of several books, including* American Terroir. *He received a James Beard Award for his* EatingWell *feature "Or Not to Bee."*

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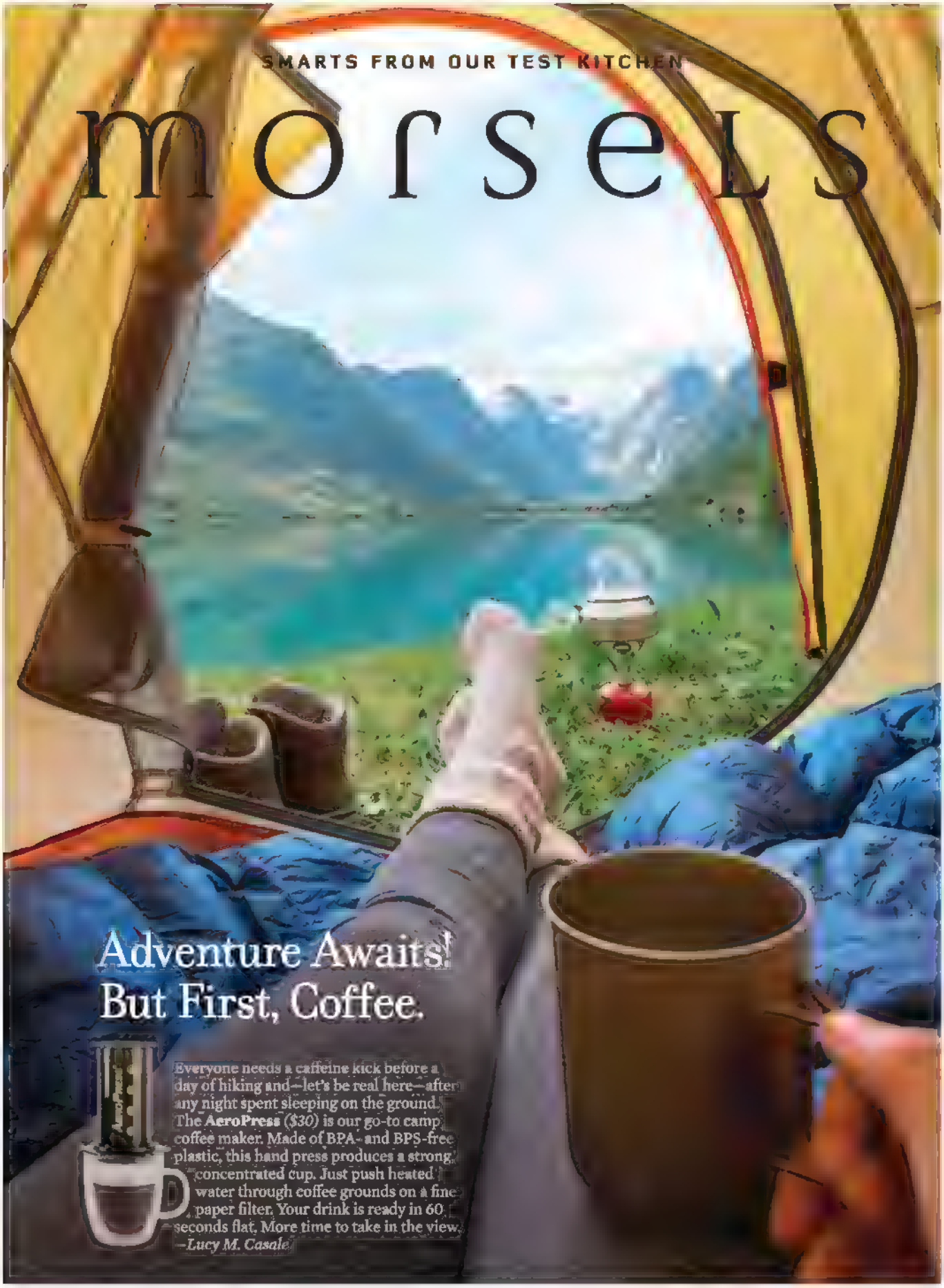
SMARTS FROM OUR TEST KITCHEN

morsels



Adventure Awaits! But First, Coffee.

Everyone needs a caffeine kick before a day of hiking and—let's be real here—after any night spent sleeping on the ground. The **AeroPress** ($30) is our go-to camp coffee maker. Made of BPA- and BPS-free plastic, this hand press produces a strong, concentrated cup. Just push heated water through coffee grounds on a fine paper filter. Your drink is ready in 60 seconds flat. More time to take in the view. *—Lucy M. Casale*

BENJAMIN GOLDMAN; PROP STYLIST

By LUCY M. CASALE

Pour, Press, Drip

Which coffee maker is right for you?

We consulted coffee experts Jessica Easto, author of *Craft Coffee: A Manual*, and Dan Cox, president of consulting firm Coffee Enterprises, Inc., to gather their wisdom on brewing the best cup. Then we tested makers and methods to winnow the field to these six standouts. To choose the one that is right for you, first assess your coffee personality.

You're a coffee nerd or want to be. You demand 100% control over taste. You own: a burr grinder (to grind beans to a uniform size), scale (to weigh grounds) and gooseneck kettle (for more control) ***Choose pour-over.***

You're hands-on, so straightforward coffee making (pressing a plunger) sounds fun to you. You like a rich, full-bodied-tasting cup. ***Choose French press.***

You like *a lot* of coffee. You'd rather just press a button for your a.m. cup. ***Choose automatic drip.***

POUR

OXO Adjustable Temperature Gooseneck Kettle & Glass Pour-Over Set
This kettle's curved spout (like a goose's neck) provides the control led, slow, smooth pour Easto says this method requires (and tea kett es can't do). The double-walled carafe keeps coffee hotter longer (*right*; $150)

10-Cup Classic Chemex
This retro statement p ece ranges from a 3-cup size for everyday use to a 10-cup for brunch ($47 50). **Pro tip:** A ways heat water to 205°F—the ideal brewing temp for al three methods.

PRESS

KitchenAid Precision Press
D e-hard French pressers will d g this tech-filled version with a bu t-in scale and brew timer The stain ess-stee double wal keeps coffee hot for hours ($150).

Le Creuset French Press
High-fired stoneware insulates your brew and comes in a the brand's bright colors ($68). **Pro tip:** Easto says since coffee is 98-99% water, filter tap water first for the purest flavor

DRIP

Ninja Coffee Bar System
Custom zation is the future of drip coffee makers, Cox says He consulted on the Ninja, which ets you tailor size, strength and style from over- ice to latte ($200)

Mr. Coffee Optimal Brew
Pro tip: Choose a drip machine that heats water to 205°F (not a l do) and has a therma carafe, Cox says. (Coffee can burn in a glass carafe on a hot plate.) Th s does both for a steal ($70).

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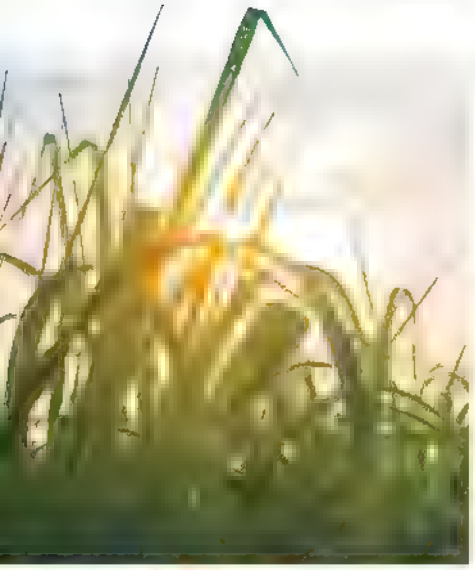

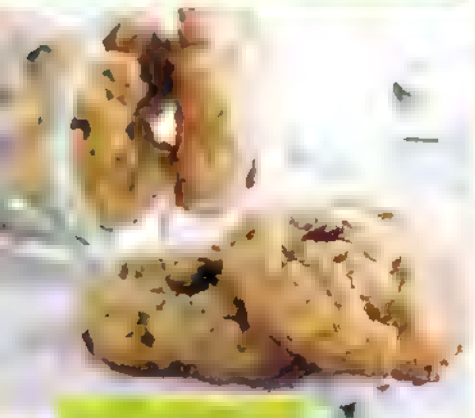

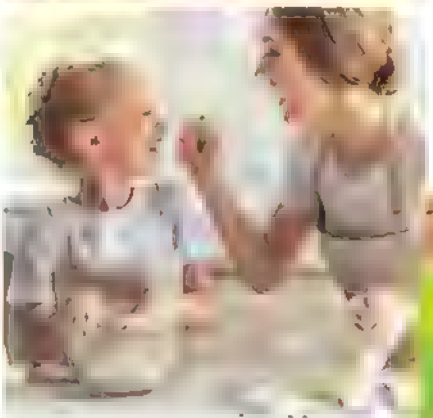

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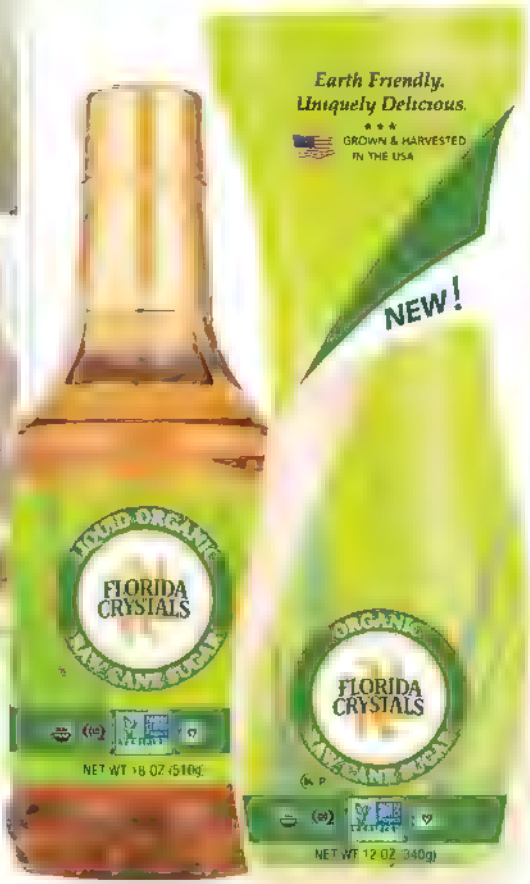

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By JULIA WESTBROOK

Take a Dip

Our high nutrition standards narrow the wide dip aisle

Who doesn't love a creamy dip paired with crudités? We went on the hunt to find the best-tasting *and* healthiest creamy options out there. To start, we ruled out shelf-stable varieties and focused on refrigerated (fewer questionable ingredients). After close label examination, we homed in on 34 tubs, dunked into each one, and found 5 to write home about, plus some smart shopping tips.

No fat is no good
Certain nutrients—namely beta carotene and vitamins E and K—are fat-soluble, meaning they need to be paired with fat in order for your body to absorb them. So skip nonfat dip options.

Keep an eye on calories
It's not carrots that can turn veggies-and-dip into a high-cal snack. We found dips ranging from 30 to 160 calories per serving. To keep your snack a snack (not a meal), look for dips that are 100 calories or less per serving.

Cap the salt
It's tough to find premade dips that are delicious *and* low in salt. We set the cap at 160 mg and still about half of the brands we looked at exceeded that limit. Several contained 10 percent of your total recommended daily sodium limit—in just 2 tablespoons! It's also why we (sob) don't have any blue cheese dips among our picks—they were too high in sodium.

The deal with MSG
Some packaged dips contain monosodium glutamate, aka MSG, and its relative, hydrolyzed soy protein, to add delicious umami taste. MSG is considered safe by the FDA but has anecdotally been blamed for symptoms like headaches, flushing and difficulty breathing. Current research shows very few people are truly sensitive to MSG, and generally only from extremely large doses. But if you think you're sensitive, be on the lookout.

BRANDS WE LOVE

Trader Joe's Spinach Dip
Loaded with spinach! Plus fresh-tasting dill, scallions & parsley.

Sabra Farmer's Ranch Tzatziki
Classic ranch herbs and spices with veggie bits mixed right in.

Heluva Good French Onion Dip
Textbook onion seasoning with a sour-creamy tang.

La Terra Fina Spinach & Parmesan Dip & Spread
A delicious, Parmesan-y take on your standard spinach dip.

Cedar's Cucumber Garlic Dill Tzatziki
Zingy, herbaceous and creamy—without being too thick.

Numbers to Look For
(per 2 Tbsp.)

Calories: ≤100
Fat: ≥1g
Sodium: ≤160mg

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How to Cut a Cauliflower Steak

- 1 -
Place the head on a cutting board, stem-side up. (See recipe, p.80.)

- 2 -
Using a large chef's knife, slice the cauliflower through the stem into 2 equal halves.

- 3 -
Slice a 1-inch steak from the cut edge of each half, including the stem. (Reserve the rest for another use.)

TIPS & NOTES

Buckwheat flour (p.68) is made by grinding whole-grain buckwheat. (The little black specks you see in it are from the ground seed hull.) This rich, gluten-free flour comes in light and dark versions, akin to white and regular whole-wheat flour. The darker flour has a bolder, nuttier flavor.

Green garlic (p.66), aka spring, new or young garlic, is garlic that hasn't fully matured. Look for bunches with long white or purple bases, intact roots and dark green leaves. Prep like a leek and use to give both a mild garlic and an onion flavor to salads, sauces, soups and pastas.

Labneh (p.16) is a thick, slightly salty Middle Eastern strained yogurt. Buy it at specialty grocery stores or DIY: Set a cheesecloth-lined colander over a deep bowl. Whisk ¼ teaspoon salt into 4 cups whole-milk plain yogurt. Spoon into the cloth; refrigerate. Let drain for 12-24 hours.

Sorrel (p.66) is a perennial plant with a distinct lemony flavor that gets increasingly bitter as the season progresses and the leaves grow. Treat the short leaves like herbs and cook the larger ones like other dark leafy greens. Look for it at spring farmers' markets or grow your own!

"How do I get the smell of garlic out of my cutting board?"

Here in *EatingWell's* Test Kitchen, we all agree: one of the saddest fates to befall any piece of ripe, in-season fruit is when it takes on the taste of the last food you prepped on your cutting board. Especially when that food was something pungent, like onions or garlic. Garlicky strawberries, anyone?

To save you from this sorry situation, the Test Kitchen minced and mashed garlic into both plastic and wood cutting boards. Then we put half a dozen remedies for this odorous problem to the test. Here's what we found:

Remedy 1: *Lemon juice and vinegar.* We had high hopes for this powerful cleaning combo, which often works well for deodorizing other kitchen surfaces. But we found, when applied to our garlicky cutting boards, they barely masked the smell or taste. Skip it.

Remedies 2-5. *Ground coffee, grated potato, grated apple, and a coarse-salt-and-half-lemon mix.* Hey, we had to try a few internet hacks. All fails. Move on.

Remedy 6: *Baking soda paste.* We're happy to report: this mostly got the stink out! We spread a generous amount of baking soda on the smelly area of our cutting board, scrubbed it with warm water and then followed up with soap and hot water. Afterward, the garlic smell and taste was faint enough that we had to take a few sniffs before we realized it was still, somewhat, there.

Bottom line: A baking soda paste can soften the immediate stink, but there's only one absolute solution: you need to isolate odors on their own surface. Designate one cutting board for garlic and onions only. Maybe consider a separate cutting board for meat and poultry while you're at it.

BREANA LAI, *M.P.H., R.D., is our Test Kitchen manager.*

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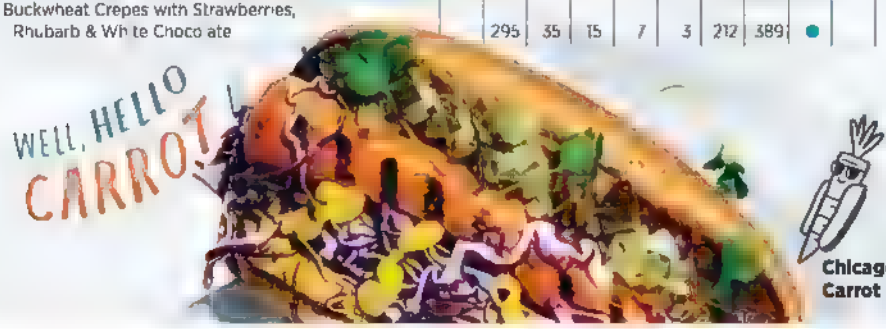
recipe index

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B12 (%)	VITAMIN C (%)
BREAKFAST & SNACKS																				
24	Green Shakshuka	●	210	10	0	11	4	362	718	●		●		●		45	26	144		73
14	Peanut Butter-Banana English Muffin	●	344	45	5	12	8	320	351		●	●	●	●						
38	Peanut Butter, Blueberry & Oat Energy Squares		206	22	9	6	3	127	108	●	●		●	●						
APPETIZERS																				
66	Pea & Fennel Toasts with Sardines	●	211	20	0	6	3	406	205											35
66	Soft Eggs with Green Goddess Dressing & Brown-Butter Breadcrumbs	●	123	1	0	7	0	130	81		●	●								
DRINKS																				
88	Habanada Pepper Soda	●	101	26	0	0	0	2	17	●			●	●						
36	Hibiscus Margarita	●	192	16	12	0	0	6	35	●			●	●						
36	Lavender-Cucumber Gin & Tonic	●	228	25	23	0	0	20	24	●			●	●						
36	Rose Mojito	●	192	16	12	0	0	12	39	●			●	●						
SALADS																				
88	Barley Salad with Sugar Snap Peas, Baby Bok Choy & Green Romesco Dressing		256	22	1	5	6	263	362					●				55		89
89	Bean Salad with Citrus Vinaigrette & Charred Lemons	●	280	19	1	9	8	367	508	●		●		●		23		38		
80	Beet Lamb with Quinoa	●	279	43	2	8	7	790	683	●		●				45		71		34
68	Greens & Roots Salad with Citrus Walnut Vinaigrette	●	150	9	1	2	3	341	346	●		●		●				72		36
88	Spinach Salad with Mores, Bacon & Blue Cheese	●	280	20	0	7	4	354	738	●		●				28	38	84		32
89	Tomato Salad with Tarragon Pesto & Pumpernickel Croutons	●	233	15	0	5	3	353	483					●				39		44
SIDES & SOUPS																				
66	Asparagus & Sorrel Bisque		153	9	0	3	3	334	184	●		●		●				29		
16	Honey-Glazed Radishes with Crunchy Seeds	●	181	19	13	2	3	335	290	●		●		●						26
16	Roasted Baby Zucchini with Lemon Labneh	●	85	5	0	6	1	160	508	●	●	●		●						58
VEGETARIAN																				
80	Cauliflower Steaks Milanese with Salsa Verde		438	26	0	10	7	455	740					●		36				194
78	Celeriac & Walnut Tacos	●	371	38	0	7	9	428	588	●		●	●	●						26
80	Chicago-Style Carrot Dogs		182	33	3	5	6	719	460			●		●				213		
77	Eggplant Gyros		524	53	0	12	11	599	806			●		●		28		51		28
12	Fennel & Fontina Grilled Pizza	●	376	52	2	16	4	652	376					●	20					20
12	Greek Summer Squash Grilled Pizza	●	418	51	2	16	4	769	187					●	22					
89	Lemon-Pepper Linguine with Squash	●	316	46	0	11	7	286	515			●		●						37
77	Red Cabbage Porterhouse Steaks with Herb Butter		314	22	0	5	6	450	703	●		●		●				69		259
68	Spring Vegetable Lasagna		571	30	0	17	4	637	346			●		●		38		244		21
12	Thai Peanut & Herb Grilled Pizza	●	429	57	7	18	3	664	155					●						21
FISH																				
14	Salmon Salad-Stuffed Avocado	●	324	12	0	22	8	462	561	●		●				37		47		31
POULTRY																				
22	Caramel-Lime Drumsticks with Shaved Celery Salad	●	440	19	13	36	2	759	666	●		●								
20	Chicken & Spring Vegetable Tortellini Salad	●	357	36	1	24	4	452	240		●	●								
18	Green Veggie Bowl with Chicken & Lemon-Tahini Dressing	●	452	42	0	35	5	361	320	●	●	●					20	221		178
MEAT																				
12	Collards & Bacon Grilled Pizza	●	498	50	2	19	6	573	158						34			151		29
28	Grilled Bison-Mushroom Burgers	●	531	28	2	31	4	738	778			●			23		25		35	
14	Grilled Fennel-Rubbed Pork Chops & Apricots	●	303	13	3	27	2	576	555	●	●	●						30		
30	Moroccan Lamb Chops with Tomato-Olive Relish	●	427	3	0	37	1	296	128	●										
12	Sausage, Mushroom & Pesto Grilled Pizza	●	432	47	2	18	2	744	152											
26	Spicy Pork & Green Bean Stir-Fry	●	312	19	1	30	5	634	495			●						199		31
DESSERTS																				
34	Almond Cookie Tart with Peaches & Berries		284	25	9	6	3	121	245	●				●						
68	Buckwheat Crepes with Strawberries, Rhubarb & White Chocolate		295	35	15	7	3	212	389	●				●						62



Chicago-Style Carrot Dogs, p.80

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By LISA A. BEACH

Grow Food, Not Grass

Fleet Farming is bringing local food to Orlando's doorsteps—literally

Two Sundays each month, a swarm of people walk, skateboard, cycle and rollerblade through the streets of Orlando. While it may sound like an exercise group, it's not. Led by Lee Perry *(left)* and Caroline Chomanics *(right)*, they spend their day weeding gardens, watering plants and harvesting vegetables. But the group isn't working for Orlando farmers. They are tending homeowners' yards.

WHAT IT'S ABOUT

Perry and Chomanics lead Fleet Farming, an urban farming organization that transforms underutilized lawns into micro-farms. Homeowners pay $500 up front to cover supply costs, then Fleet Farming volunteers turn the lawn into a "farmlette." They handle soil preparation, irrigation, planting, weeding and harvesting. Each week they sell about 100 pounds of produce from their network of farmlettes at farmers' markets and local restaurants.

WHY IT'S COOL

Homeowners can harvest 10% of their farmlette's produce during the two-year contract. "My wife and I often come out to the garden and pick what we want to eat for lunch," says Bo Wedsmark, who donated his yard one year ago. With 25 lawns donated in its first two years, Fleet Farming has a waitlist of over 2,000 Orlando-area homes. The program has received so much interest that Perry and Chomanics are creating an online training program so other communities worldwide can start their own version of the organization. "Just like the Victory Garden movement during World Wars I and II, we really want to show people how to participate in the farming process to bring the abundance of local produce into their neighborhoods," Perry says, making them active contributors to the process rather than passive recipients.

plant your plate

Inspired to turn your yard into a farmlette? Get gardening advice and recipes for your harvest at *eatingwell.com/plantyourplate*

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